

## **Gemstone Healing Class Notes**

**In the beginning of class, I speak about the stone kingdom beings are part of our family. The Lakota phrase I refer to where we speak of honoring all our relations is: “Mitakyue Oasin”.**

**We discuss how gemstones and crystals operate on a different frequency than humans. While it may seem like they are still and unmoving, they are not. They are alive, aware and responsive. Crystals have gender, life spans and they can reproduce.**

**The teachings of the Law of One explain how we all operate in different “densities” or dimensions. <https://www.lawofone.info>**





CROWN CHAKRA

AMETHYST

THIRD EYE/AJNA

LAPIS LAZULI

THROAT CHAKRA

BLUE KYANITE

HEART CHAKRA

MALACHITE

SOLAR PLEXUS

CITRINE

SACRAL CHAKRA

ORANGE CALCITE

ROOT CHAKRA

RED JASPER

# CHAKRA CRYSTALS

## **Books and Resources from Class:**

***The Crystal Connection A Guidebook for Personal and Planetary Ascension*** by, Randall N. Baer & Vicki V. Baer  
<https://www.amazon.com/Crystal-Connection-Guidebook-Planetary-1987-01-05/dp/B01N8YDKNJ>

***Dancing with the Wheel The Medicine Wheel Workbook*** by, Sun Bear, Wabun Wind and Chrysalis Mulligan  
<https://www.amazon.com/Dancing-Wheel-Medicine-Workbook/dp/0671767321>

***Shamanic Mystery School*** by Dale Stacy  
<https://www.amazon.com/Shamanic-Mystery-School-Temples-Reality/dp/B098WK3BGX>

The book above explains how to tell if a crystal is male, female or bi-sexual. Another thing I forgot to mention about crystals is that it is perfectly safe to charge your water with quartz crystals. You can make a crystal elixir and charge it in the sun or moonlight yourself. Always use high vibration spring water when you can. Remember that water is a liquid crystal, highly programmable!

Earth Songs, formerly Rocks and Locks, is Marie Anderson-Whitehurst's crystal shop in Greensboro, NC.  
<https://www.rocksandlocks.com>

Kim Anami makes potent Crystal Elixirs and she teaches the Jade Egg Taoist energy cultivation practice, as well.

<https://anami-alchemia.com/collections/anami-crystal-elixirs>

**These are the best Gua Sha tools I have found, in terms of ethical sourcing and how the stones are cared for in the process. I showed you the Rainbow Obsidian one in class.**

<https://oresta.ca/collections/oresta-gua-sha>

**This podcast will give you tips on how to make your own crystal grid.**

<https://podcasts.apple.com/us/podcast/how-to-create-and-use-a-crystal-grid-step-by-step/id1236360826?i=1000529407430>

**She also has a free grid chart you can download!**

## **Alternate Stone Layout for Self-Healing**

**Root Chakra Area:** Place Obsidian/Black Tourmaline/Onyx/Garnet between the legs, knees or at the bottoms of the feet

**Sacral/Navel Chakra Area:** Place Rose Quartz/Carnelian/Jade/Ironstone & Jasper at the navel or low back area

**Solar Plexus Chakra Area:** Place Topaz/Pyrite/Tiger Eye on diaphragm/upper belly

**Heart Chakra Area:** Place Labradorite/Emerald/Rose Quartz/Fluorite on chest or shoulder blade area

**Throat Chakra/Neck Area:** Place Blue Lace Agate/Blue Tiger Eye on neck or throat area

**Third Eye Chakra/Ajna Center:** Place Sodalite on the forehead

**Crown Chakra:** Place programmed clear quartz or Azurite at the top of the head, terminated point toward the crown

\*Selenite or Petrified Wood at the soles of the feet

\*Intuitively place crystals in the hands, at hips and shoulders and on specific organs, based on physical issues



# How To Clear Your Stones

**Gemstones and crystals are ALIVE, AWARE and RESPONSIVE. Just like clearing methods work in a unique way for each one of us, no two gemstones will need the same care. There are, however, suggestions for clearing by general categories that will help as you cultivate your relationship with your stones.**

**I received a bountiful gift from Mother Earth when my husband came home with boxes full of gemstones from a customer. This was better than Christmas for a shaman like me! The gentleman who had collected stones throughout the years had placed all the rocks in labeled plastic containers. It felt so good to get beings back on the earth so they could refresh and charge. I put them outside next to my raised bed gardens at the edge of our property, where they would not be disturbed.**

**At the end of class, I mentioned RHODOCHROSITE for healing a broken heart, I have included an image below and I also mentioned combining IOLITE with PEARL for channeling.**

**These are just fun suggestions for you to explore! Have a blast, Rock Stars!**

**This is just a little appetizer of what it's like in my deep dive courses: Expanding Sacred and The Next Level Healer. All small classes like this one are included in your year membership when you enroll in one of my training programs. You get access to all these classes and the monthly training sessions in the private community! You can sign up for my private coaching community for healers here to save \$ on my classes and cancel your monthly membership anytime:**

**[evangeline-hemrick-s-courses.teachable.com/p/healers-inner-circle-coaching](http://evangeline-hemrick-s-courses.teachable.com/p/healers-inner-circle-coaching)**

