

Empowered Spirit Workbook *Reiki & Crystal Energy*



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REIKI & CRYSTALS

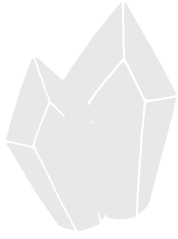
Reiki is a form of alternative therapy that focuses on energy healing. It originated in Japan and is based on the idea that there is a universal life force energy that flows through everyone. Practitioners believe that by channeling this energy through their hands, they can help promote healing, relaxation, and balance in the recipient. Reiki sessions often involve light touch or hovering hands above the body, with the goal of clearing energy blockages and enhancing overall well-being.

Crystal energy, on the other hand, refers to the belief that crystals and gemstones possess unique vibrational energies that can influence the body, mind, and spirit. Each type of crystal is thought to have its own properties and benefits, such as promoting calmness, clarity, or healing. People often use crystals in various ways, including carrying them, wearing them as jewelry, or placing them in their environment to harness their energies.

Both practices are often used together in holistic healing approaches, as practitioners may use crystals during Reiki sessions to enhance the healing experience.



CRYSTAL COLORS



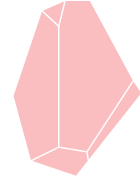
CLEAR

*Piece, purify, mental clarity,
protections, intuition*



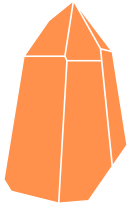
RED

*Power, actions, motivation,
physical energy,
determination*



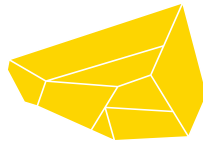
PINK

*Love, compassion, emotional
healing, forgiveness*



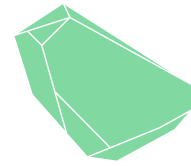
ORANGE

*Creativity, sexuality,
inspiration, self power,
confidence*



YELLOW

*Optimism, willpower,
courage, awareness of self,
confidence*



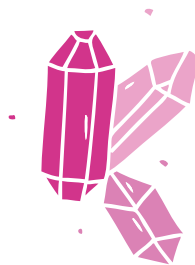
GREEN

*Growth, abundance,
prosperity, productivity*



BLUE

*Communication, self
expression, authenticity,
harmony*



PURPLE

*Intuition, spirituality,
inspiration, meditation,
relaxation*



BLACK

Protection, safety, security

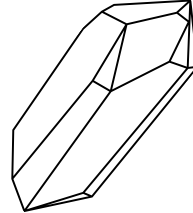
CRYSTAL SHAPES

TUMBLLED



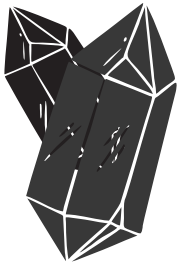
Radiates gentle energy in all directions, place in your pocket or bag for constant flow of subtle energy.

RAW



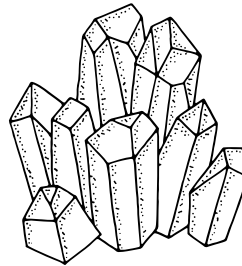
Emits a strong, pure energy. This assists with grounding abilities.

POINTS



Can be single or double ended and are good for concentrating and energy flow. Aids in meditation and manifestation.

CLUSTER



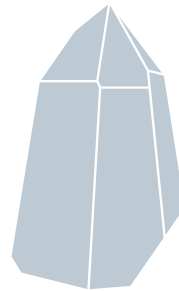
Clusters emit high energy vibrations in different directions. Use for cleansing and charging other crystals or to raise the ambient energy in a room.

WAND



Crystal wands are healing tools that transmits positive energy through the tip and draws out negative energy through the bottom end. Use in meditation and to heal and balance the chakras.

TOWER



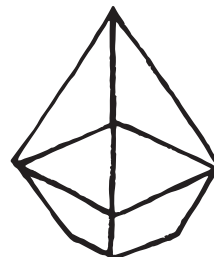
Towers emit amplified energy upwards and can raise the vibration in a space and change other nearby crystals. Great for meditation and increased focus.

BALL



Crystal balls radiate a soft and even energy in all directions. They are used to promote stability and harmony.

PYRAMID



Crystal pyramids are great manifestation tools that are grounded to the earth but transmit direct and focused energy upwards.

12 HEALING CRYSTALS



ONYX

- Cleanses the air
- Rids your home of negative energy



ROSE QUARTZ

- Helps relieve stress and frustration
- Eases anxiety



AMETHYST

- Spiritual Awakening
- Helps relieve headache and fatigue
- Promotes good dreams



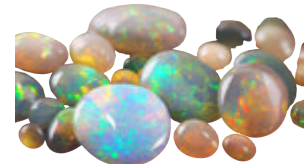
CITRINE

- Use to boost concentration
- Boost memory
- Spark creativity



LAPIS LAZULI

- A touted ancient migraine remedy
- Supports the immune system



OPAL

- Increases inspiration and creativity
- Helps with PMS and headaches



TOPAZ

- Works to balance hormones & combat aging



AQUAMARINE

- Aids with acid reflux and gastrointestinal disorders



JADE

- Supports the adrenal glands and relieves headaches



GARNET

- Good for back pain, calcium deficiencies and tissue regeneration



BLOODSTONE

- Helps regulate blood pressure and supports the circulatory system
- Good for colds



AGATE

- Detoxifies
- Eases anxiety

Stones for Protection:

Black Tourmaline



Black tourmaline is a very strong and powerful protection stone. It is grounding and highly protective. It helps clear and repel negative energy from the body, home and work environment and assists the user in feeling more grounded and peaceful.

Citrine



Citrine is known as the manifesting stone, it can bring abundance in all forms. But it has an amazing ability to morph into a protection stone too. It is a wonderful crystal for protection as it absorbs negative energy and transmutes it into positivity and calmness. These protection crystals are also helpful to use with protecting yourself from negative people that you perhaps cannot avoid.

Pyrite



Pyrite is sometimes referred to as fool's gold due to its golden hue. It is a powerful detoxifier, especially if you find yourself needing protection from spending too much time around technological equipment. Pyrite is known to assist with manifesting financial abundance and bringing safety and protection to its user. It helps you release negative thoughts and energy.

Hematite



Hematite is well-loved for being a stone of grounding that also provides protection. It's known for being black in color and having a beautiful metallic shine to it. However, it is actually blood red in color due to the high iron content in the stone. A hematite crystal can also keep you grounded and give you confidence. It is linked to the root chakra, meaning it can form part of your foundations and give you stability in your everyday life.

REIKI SELF HEALING

HAND PLACEMENTS



Before beginning Reiki, take a moment to center yourself, to be grateful for universal energy and bring yourself into the here and now, so that you can be fully present. Set your intentions and be mindful of your body, the vessel, through which universal energy flows.

POSITION 1

Placing your hands in front of your eyes with fingertips lightly touching your brow (Third Eye Chakra)



Aids in healing stress, eye problems, asthma, head colds, allergies, sinuses, pituitary gland, pineal gland, cerebral nerves

POSITION 2

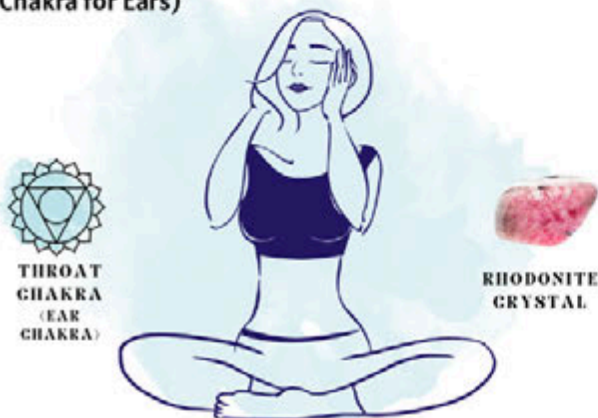
Placing your hands on the top of your head fingertips touching (Crown Chakra).



Aids in healing migraines, headaches, eye problems, multiple sclerosis, stress, bladder, digestive disorders, flatulence and emotional problems

POSITION 3

Hands on either side of your head with fingers covering you temples. (Throat Chakra association of minor Chakra for Ears)



Aids with balance, vertigo, tinnitus, hearing & ear problems, colds, flu, balances the functions of the right and left brain.

POSITION 4

Place your hands on the back of your head covering the occipital ridge. (Third Eye Chakra & Cave of Brahma)



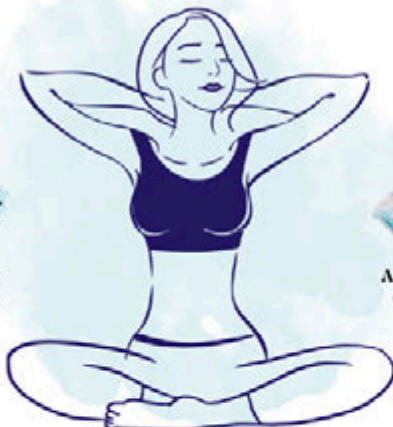
Aids in healing Headaches, eye problems, stress, hay fever, sinuses, digestive disorders, fears, phobias, shock, depression, stroke.

POSITION 5

Hands covering the top of the shoulders and the base of the neck (Throat Chakra)



THROAT CHAKRA



AMAZONITE CRYSTAL

Aids in healing aches & pains, stress, neck, tight muscles, nerves, spinal injuries and shock.

POSITION 6

Place your hands around the neck with the heels covering the throat (Throat Chakra)



THROAT CHAKRA



CLEAR QUARTZ CRYSTAL

Aids with self expression, communication, breathing, voice and speech problems, bronchitis, flu, colds, & anger.

POSITION 7

Place hands to form a T, left hand covering the heart (Heart Chakra) and the right hand over the thymus gland



HEART CHAKRA



AVENTURINE CRYSTAL

Aids with heart, angina, lungs, thymus, thyroid, weight problems, immune system, lymph, emotional problems and stress.

POSITION 8

Hands are positioned horizontally at the top of the torso with fingertips touching. Motion of the hands to move downward



HEART CHAKRA



MALACHITE CRYSTAL

Aids in healing heart issues, lung and thymus, emotional anxiety and stress related ailments. Upper back pain and immune system deficiency.

POSITION 9

Moving hands from position 8 downward across the torso, to above the Solar Plexus Chakra



SOLAR PLEXUS CHAKRA



CITRINE CRYSTAL

Aids with fatigue, bloating & excessive weight around the waist as well and digestive system disorders such as IBS, ulcers, hypoglycaemia, and diabetes.

POSITION 10

Moving hands from position 9 downward across the torso, to in line with the Sacral Chakra



SAGRAL CHAKRA



GARNELIAN CRYSTAL

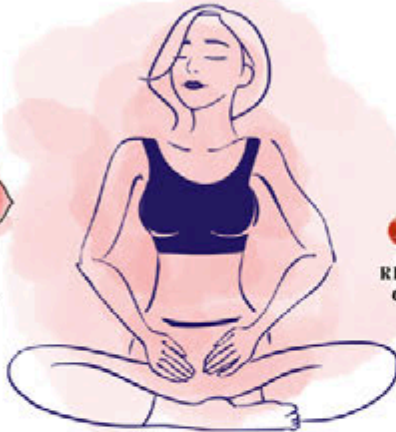
Aids in healing anemia, hypoglycaemia, lower back pain, joint problems, low energy, spleen and kidney issues and premenstrual syndrome.

POSITION 11

Moving hands from position 10 down towards the pelvic bone and shaping hands in a V above the root chakra



ROOT
CHAKRA



RED JASPER
CRYSTAL

Aids in healing degenerative arthritis, knee pain, sciatica, eating disorders, and constipation.

POSITION 12

Place your hands over the knees to the front of the legs followed by placing your hands behind the knees.



ROOT
CHAKRA



SNOWFLAKE
OBSIDIAN
CRYSTAL

Aids with leg pains, varicose veins, circulation as well as balance and grounding.

POSITION 13

Place hands on the occipital ridge with hands facing upwards.



THIRD EYE
CHAKRA



LAPIZ LAZULI
CRYSTAL

Aids with headaches, migraines, concentration, ADHD and ADD, emotional anxiety as well as fears and phobias.

POSITION 14

Turn hands and place them on the shoulders, resting hands gently on the top of the shoulders.



THROAT
CHAKRA



SODALITE
CRYSTAL

Aids with tension related ailments, neck pain, upper back pain and immune system deficiency. Also coughs, colds and throat infections.

POSITION 15

Place one hand on the shoulder and the other take around the back with fingers facing each other.



HEART
CHAKRA



ROSE QUARTZ
CRYSTAL

Aids with heart, lungs and digestion. Stomach issues as well as immune system, lymph and emotional issues.

POSITION 16

Invert position 15 with hands in the opposite placement.



HEART
CHAKRA



JADE
CRYSTAL

Again helps with heart, lungs and stomach issues, spinal and lymph ailments as well as stress related ailments.

POSITION 17

Take both hands lightly on your back as comfortably as possible with fingers facing each other



Aids in healing heart issues, lung and thymus, emotional anxiety and stress related ailments. Upper back pain and immune system deficiency.

POSITION 18

Run hands down the spine to the area behind the Solar Plexus Chakra



Aids with fatigue, back pain as well and digestive system disorders such as IBS, ulcers, hypoglycaemia, and diabetes.

POSITION 19

Lower hands in line with the Sacral Chakra, with hands comfortably facing towards each other



Aids in healing anemia, hypoglycaemia, lower back pain, joint problems, low energy, spleen and kidney issues and premenstrual syndrome.

POSITION 20

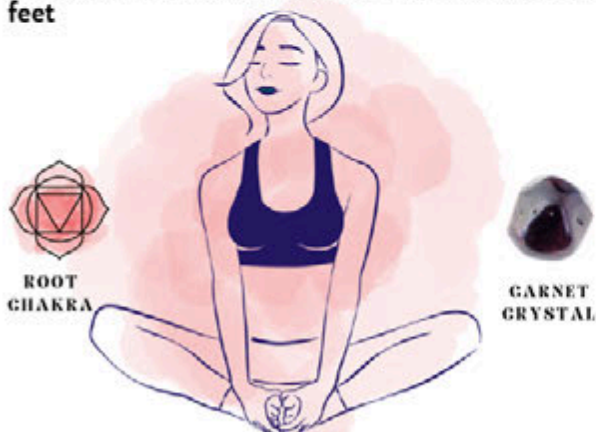
The final back position with your hands at the base of the spine in line with the Root Chakra



Aids in healing degenerative arthritis, knee pain, sciatica, eating disorders, and constipation.

POSITION 21

Place hands on the feet facing with hands on the outside of the feet and also on the inside soles of the feet



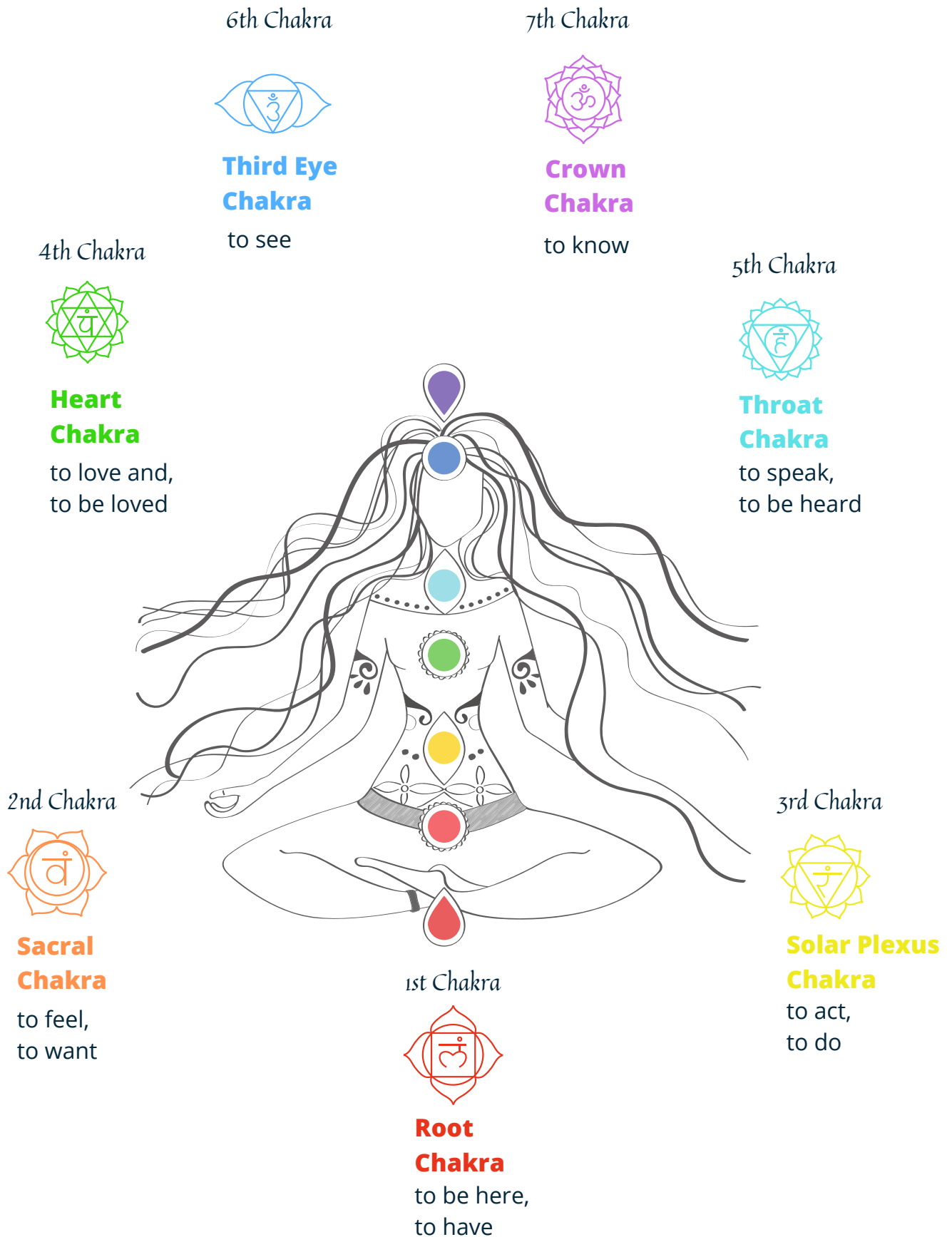
Aids with leg pains, varicose veins, all major organs and glands (reflexology points), circulation as well as balance and grounding.

POSITION 22





























Finally, returning to the pose of gratitude, thanking Universal energy for its healing and reciting the Reiki Principles.

CHAKRA SYSTEM



CHAKRA STONES CHART

Please find below the best healing crystals for balancing chakras.
Balance and harmonize your 7 chakras with these stone sets.

CHAKRA	CRYSTAL SETS		
 CROWN	 DIAMOND	 QUARTZ	 AMETHYST
 THIRD EYE	 LAPIS LAZULLI	 AGNI STONET	 PURPLE FLUORITE
 THROAT	 TURQUOISE	 AQUAMARINE	 AMAZONITE
 HEART	 MALACHITE	 JADE	 ROSE QUARTZ
 SOLAR PLEXUS	 CITRINE	 YELLOW CALCITE	 TIGERS EYE
 SACRAL	 RED JASPER	 CARNELIAN	 ORANGE CALCITE
 ROOT	 BLACK TOURMALINE	 GARNET	 HEMATITE

Reiki Crown Chakra Hand Position

PLACING OUR HANDS ON THE TOP OF OUR HEADS WITH OUR FINGERTIPS LIGHTLY TOUCHING.



CROWN CHAKRA



The Crown Chakra, known as Sahasara Chakra in Sanskrit, is considered as our 'bridge to universal energy & spirit'.

It is our spiritual connection with all other Chakras leading to it and is located above the crown of our heads. It acts as our center of enlightenment, wisdom, universal consciousness & our connection to higher guidance.

AIDS IN HEALING

It aids in healing migraines, headaches, eye problems, multiple sclerosis, stress, bladder, digestive disorders, flatulence and emotional problems

AMETHYST CRYSTAL

A spiritual stone, aiding in opening the crown chakra It calm the mind, develop spiritual wisdom, and strengthen intuition,



I am divinely protected, inspired, and guided by the Universe.

MY THOUGHTS AND FEELINGS?

Reiki Third Eye Chakra Hand Position

PLACING OUR HANDS IN FRONT OF OUR EYES WITH FINGERTIPS LIGHTLY TOUCHING OUR BROW



THIRD EYE CHAKRA



The Third Eye Chakra, or Ajna Chakra in Sanskrit, is considered to be our “the seat of intuition.”

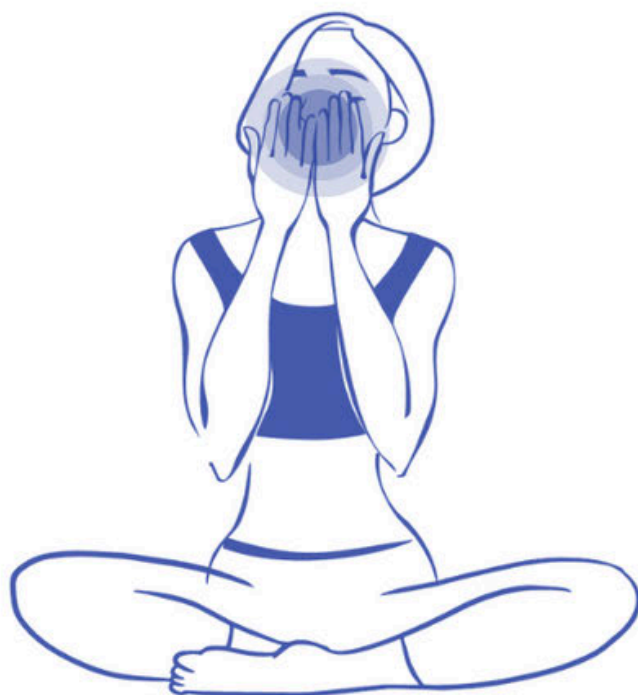
It enables us to perceive beyond the wisdom of our own being & opens us to the universal knowledge, our center of wisdom, our conscience & our higher consciousness, so that we can draw from it & remember.

AIDS IN HEALING

It aids in healing stress, eye problems, asthma, head colds, allergies, sinuses, pituitary gland, pineal gland, cerebral nerves

SODALITE CRYSTAL

Sodalite enhances intuition and facilitates the opening of the Third Eye Chakra. It brings order & calmness to the mind.



I am connected to the wisdom of the Universe

MY THOUGHTS AND FEELINGS?

Reiki Throat Chakra Hand Position

PLACING OUR HANDS GENTLY AROUND OUR NECK WITH THE HEELS OF OUR HAND COVERING OUR THROAT CHAKRA



THROAT CHAKRA



The Throat Chakra, or Vishuddha Chakra in Sanskrit, is located at the center of our neck.

Its power lies in giving us a 'voice' to express our individual truth, in mind, body and soul. It frees us from fear of judgement & helps us to embrace ourselves as unique & original beings. It is associated with purity, giving us the clarity to communicate our true essence.

AIDS IN HEALING

It aids in healing lack of self expression, communication, breathing issues, voice and speech problems, bronchitis, flu, colds, anger

AQUAMARINE CRYSTAL

Aquamarine soothes fears felt around the throat, releasing anxiety, and keeping you connected to your one true voice.



I am able to express myself freely.

MY THOUGHTS AND FEELINGS?

Reiki Heart Chakra Hand Position

PLACING OUR HANDS GENTLY ACROSS THE AREA OF YOUR HEART.



HEART CHAKRA



The Heart Chakra, or Anahata Chakra in Sanskrit, is located at the center of our spine at heart level.

The heart chakra is our center of compassion, empathy, love, & forgiveness. It is where our senses of trust, fearlessness, peace, generosity, gratitude, & connectedness is felt.

AIDS IN HEALING

It aids in healing shyness as well as loneliness, depression, anxiety, inability to forgive and lack of empathy. Heart problems as well as lung issues.

GREEN AVENTURINE CRYSTAL

Green Aventurine helps us to connect with the natural world, to grow and find peace and harmony. It allows us to receive and give abundance and abundantly.



I am fully open to giving and receiving love

MY THOUGHTS AND FEELINGS?

Reiki Solar Plexus Chakra Hand Position

PLACING OUR HANDS GENTLY JUST BELOW THE RIB CAGE
AREA OF OUR TORSO



SOLAR PLEXUS CHAKRA



The Solar Plexus Chakra, or Manipura in Sanskrit, translates to, "city of jewels." Located in the upper belly at the diaphragm.

It acts as the center of personal power. This chakra governs personality, ego, and identity, as well as personal freedom, choice, and authenticity.

AIDS IN HEALING

It aids in healing irresponsibility, an excessive need to control, feelings of being victimized & of feeling helpless. It also helps us feel more secure & in tune with our true self.

CITRINE CRYSTAL

Citrine is considered to be a success stone, exuding harmony and light. It brings about positivity and allows you to show your inner being with confidence.



I am strong, powerful, and confident.

MY THOUGHTS AND FEELINGS?

Reiki Sacral Chakra Hand Position

PLACING YOUR HAND GENTLY JUST BELOW OUR BELLY
BUTTON



SACRAL CHAKRA



The Sacral Chakra, or swadisthana chakra in Sanskrit, is often referred to as our creation Chakra & is located in the center of our lower belly. It is believed to be our center of pleasure & passion, physically & creatively.

This Chakra governs our sexuality, our relationships, emotions & also our sense of adventure.

AIDS IN HEALING

It aids in healing reproductive issues, menstrual cramp, urinary tract infections & lower back pain. Also ailments of the kidneys and liver.

CARNELIAN CRYSTAL

Carnelian is considered to be the stone of vibrancy, creativity & fertility. It boosts confidence enabling us to thrive in our endeavours.



I am a creative being.

MY THOUGHTS AND FEELINGS?

Reiki Root Chakra Hand Position

PLACING OUR HANDS GENTLY IN THE SHAPE OF A V AT THE
BASE OF OUR SPINE



ROOT CHAKRA



The Root Chakra, or mūlādhāra chakra in Sanskrit, is known as “the root of all things.” It is located at the base of the spine at about tailbone-level & represents our center of both spiritual and emotional balance.

It governs our strength, our stability and our feelings of safety through grounding ourselves and balancing our being

AIDS IN HEALING

It aids in healing feeling of disconnect, inability to feel secure & at a loss to find direction or stability, physically these can manifest in dizziness & lower back pain.

RED JASPER CRYSTAL

Red Jasper is a supreme nurturing stone which aids in raising our motivational levels which helps us to overcome obstacles and challenges we may face.



I am safe and grounded.

MY THOUGHTS AND FEELINGS?

CLEANSING & CHARGING CRYSTALS

SMOKE

Use your choice of incense, sage, palo santo, herbs (like rosemary or lavender) to light up and direct the smoke around the crystal. Make sure to set an intent.

INTENT

Hold the crystal in your hands and set a positive intention and visualize impure energy washing away and picture the crystal being surrounded by a bright, white light.

WATER

Rinse crystals with water and visualize the negative energies washing away. You can use tap water, river water, moon or rainwater, but we wary of water soluble crystals.

SUNLIGHT

Place sun safe crystals outside for 6-8 hours in indirect sunlight. The masculine energy of the Sun soaks up negative energy and replaces it with light.

MOONLIGHT

Leave crystals outside overnight to bask in the feminine energy of the moon. Full moon provides the ultimate charging energy.

SALT

Place crystals in a tray filled with sea salt to soak up negative energies.

SOUND

Use bells, Tibetan singing on Youtube, bowls or music to shake of the negative energies of crystals.

OTHER CRYSTALS

Place a crystal you want to charge on top of a crystal cluster, geode or slab. Selenite and clear quartz work best.

HEALING WORKSHEET

Crystal healing:

1. Hold your crystals
2. Recite your affirmations

3. State: "I will heal from ... "

4. "I commit to ..."

5. "My heart is healed, protected and open. So let it be"

MY AFFIRMATIONS:

.....

.....

.....

.....

MY CRYSTALS TO WORK WITH:

Crystal Name:

Crystal Name:

Crystal Name:

SKETCH
Purpose:

SKETCH
Purpose:

SKETCH
Purpose:

What is it that you need healing from/to overcome?

.....

.....

.....

Of the things you can control, what will you commit to doing, now?

.....

.....

.....

MY CRYSTALS FOR INSPIRATION

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

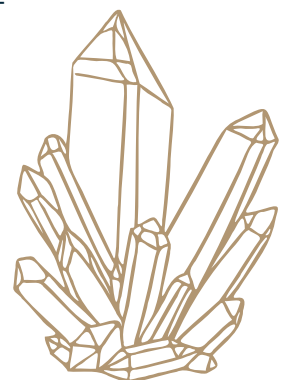
On Wishlist

NAME:

Got it

On Wishlist

MY THOUGHTS:



MY CRYSTALS FOR HEALING

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

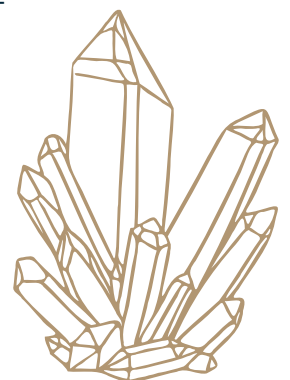
NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

MY THOUGHTS:



MY CRYSTALS FOR FOCUS

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

On Wishlist

NAME:

Got it

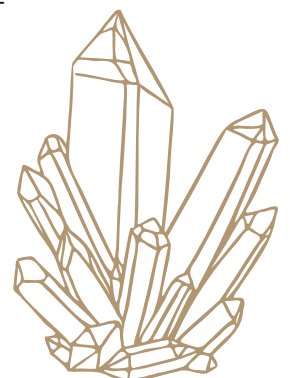
On Wishlist

NAME:

Got it

On Wishlist

MY THOUGHTS:



MY CRYSTALS FOR PROTECTION

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

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NAME:

Got it On Wishlist

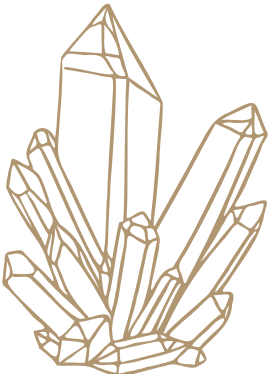
NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

MY THOUGHTS:



MY CRYSTALS FOR RELAXATION

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

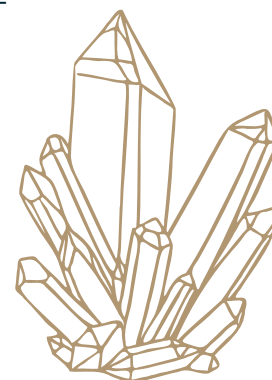
NAME:

Got it On Wishlist

NAME:

Got it On Wishlist

MY THOUGHTS:



FACT FILE

CRYSTAL NAME:

SKETCH / IMAGE

--

CRYSTAL PROPERTIES

USED FOR

- On Wishlist
- In Collection
- Frequently Used
- Must Use More

AFFIRMATION

--

CRYSTAL RESOURCES

LEARN ABOUT

--

BOOKS TO READ

WEBSITES

CHECKLIST

-
-
-
-
-

THINGS TO TRY

--

MY COLLECTION

<i>My Crystals</i>	<i>Last Charged</i>

MY WISHLIST

<i>Crystals I Want</i>	<i>For The Reason</i>

I FEEL ...

Choose a crystal and describe how it makes you feel

.....

.....

.....

.....

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HOW DO YOU FEEL TODAY?

.....

.....

.....

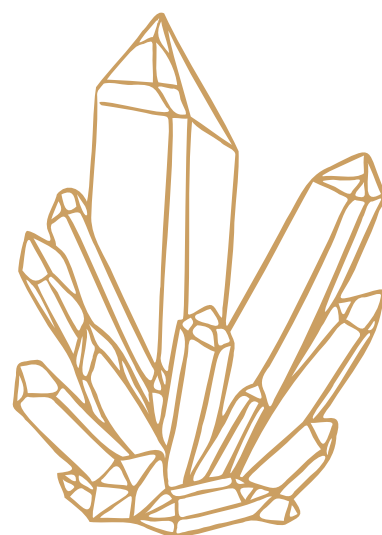
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WHY CRYSTALS?

Do you sometimes feel more drawn to one kind of crystals? Why?

.....

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.....

WHICH CRYSTALS ARE YOU
DRAWN TO TODAY?

[Empty drawing box for crystals]

.....

.....

.....

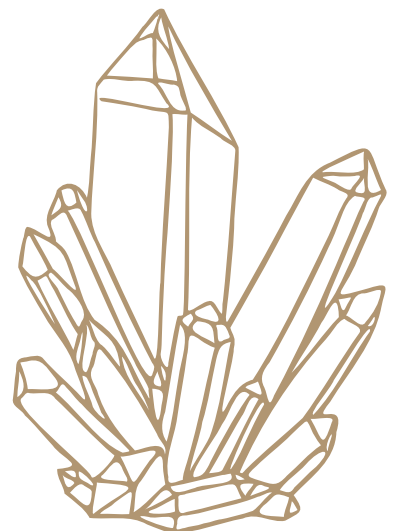
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SHOPPING

What do you look for when buying a crystal?

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WHICH CRYSTALS ARE YOU
LOOKING TO BUY NEXT?

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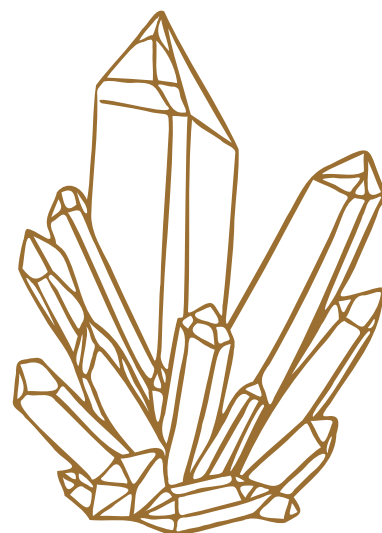
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CREATE A CRYSTAL GRID

SET AN INTENTION



LOVE



JOY



GROWTH



TRAVEL



INTUITION

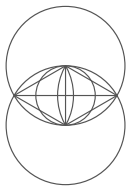


MONEY

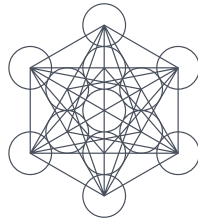


HEALTH

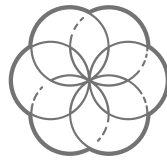
SELECT A LAYOUT



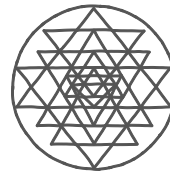
VESICA PISCIS
New Beginnings



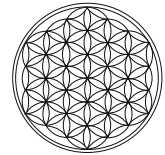
METATRON'S CUBE
Energy



SEED OF LIFE
Growth

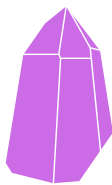


SRI YANTRA
Balance



FLOWER OF LIFE
Connection

SELECT YOUR CRYSTALS



AMETHYST
Intuition



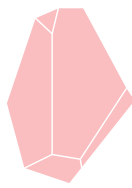
CITRINE
Abundance



SODALITE
Expression



QUARTZ
Ultimate Healer



ROSE QUARTZ
Love



CARNELIAN
Creation



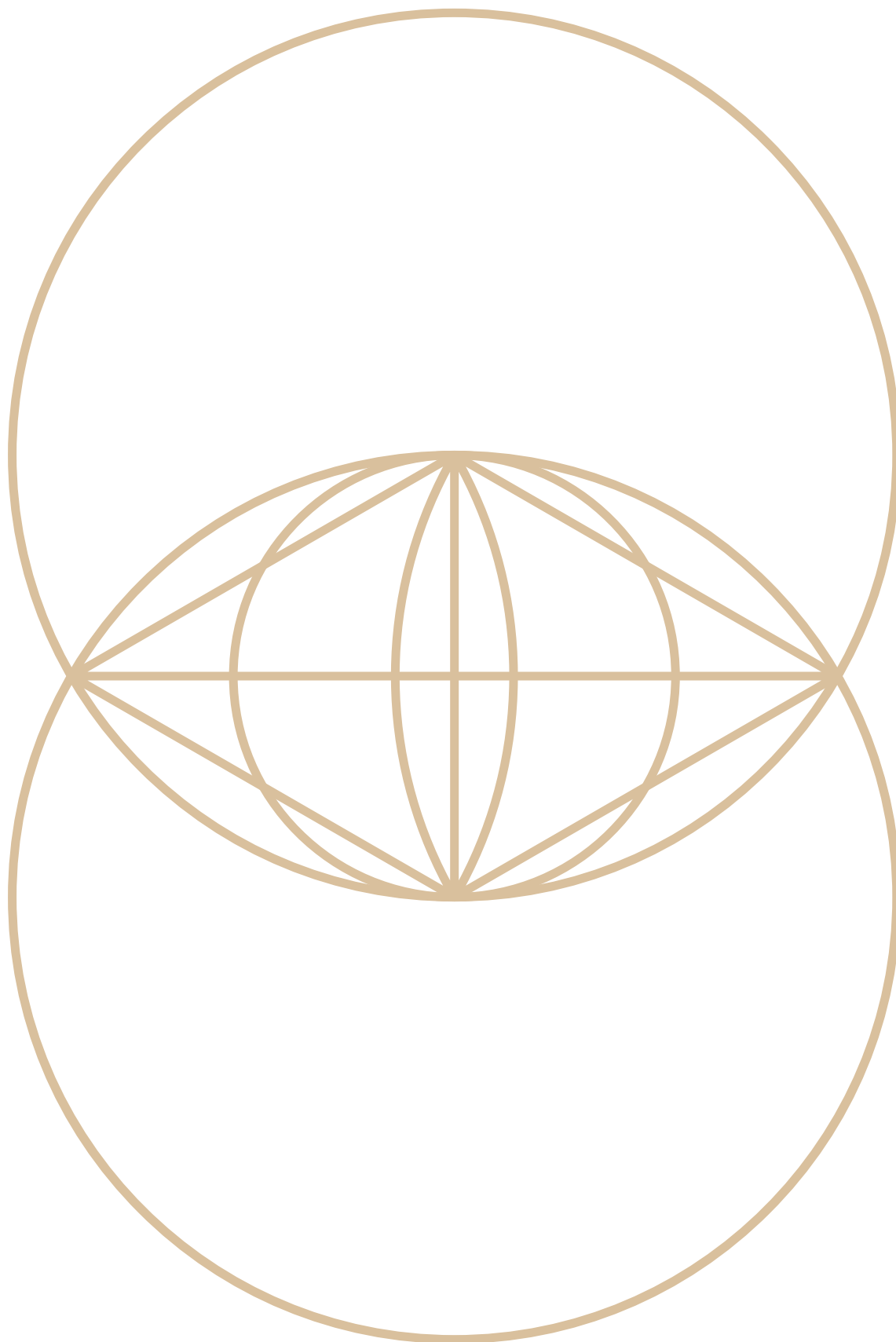
AVENTURINE
New Beginnings

CRYSTAL LAYOUTS

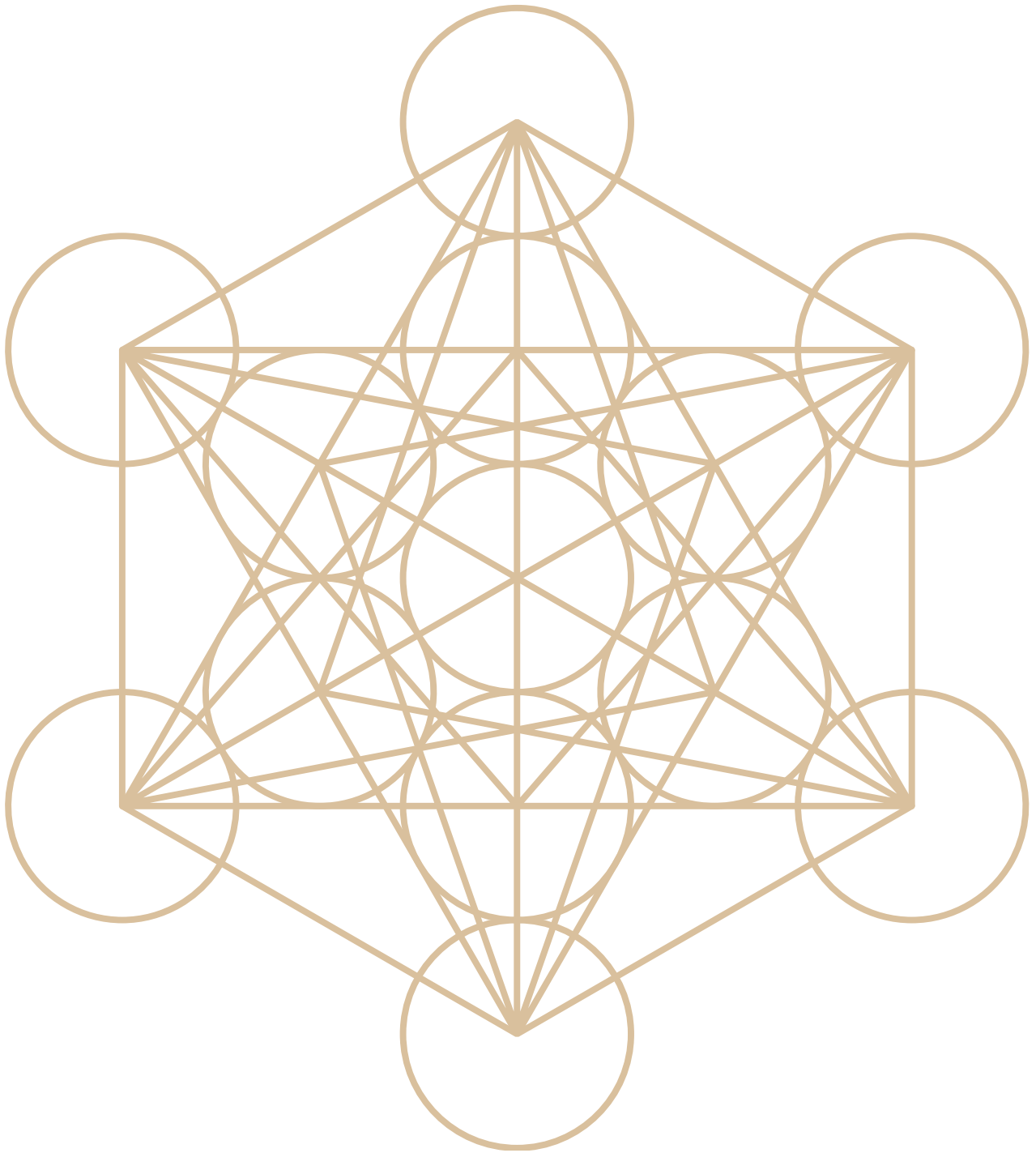


Crystal layouts can follow geometric patterns or may be done intuitively. The overall purpose is to direct the flow of energy from the stones to shift the energy within your body, mind, spirit, and life.

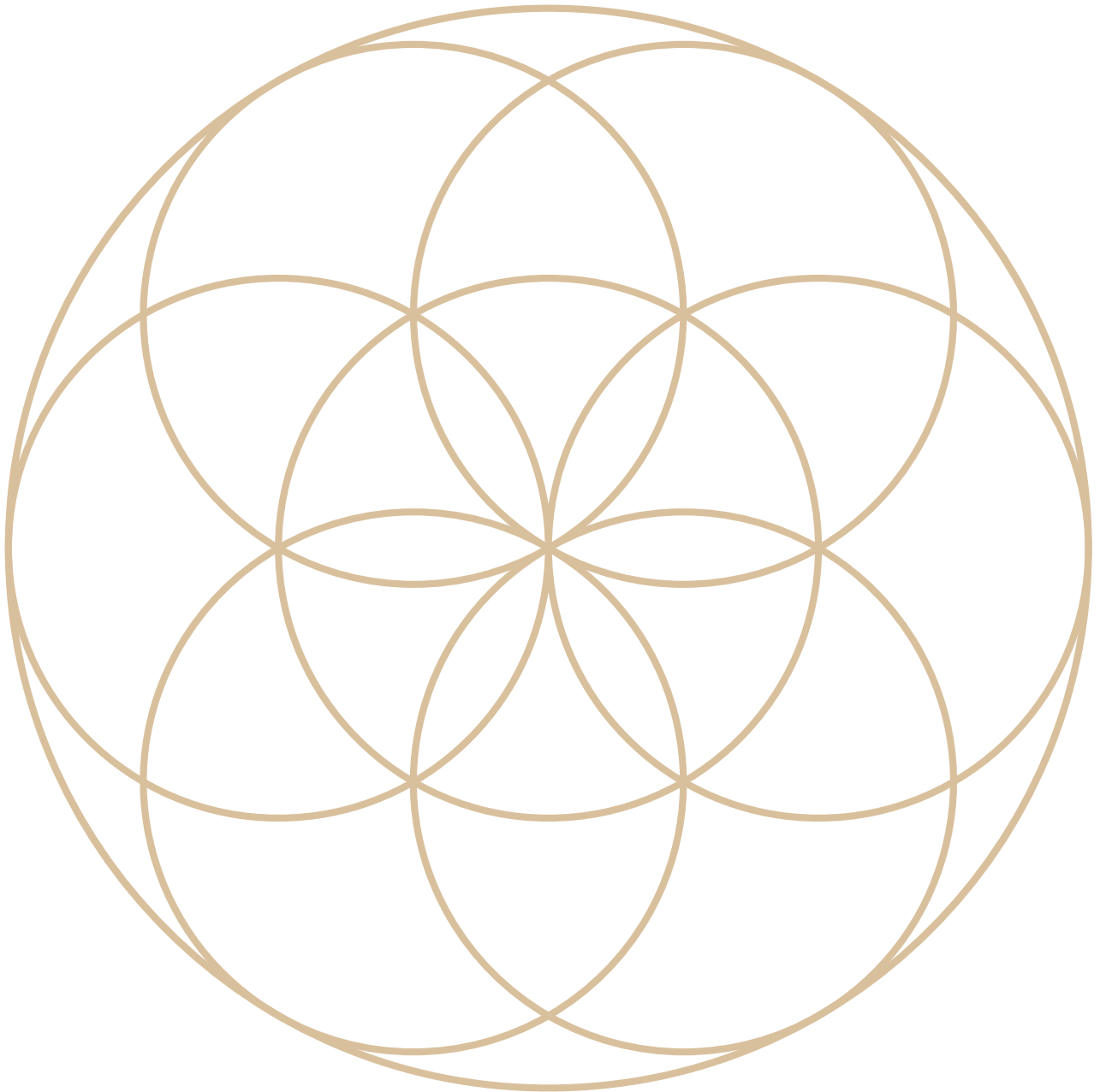
VESICA PISCIS



METATRON'S CUBE



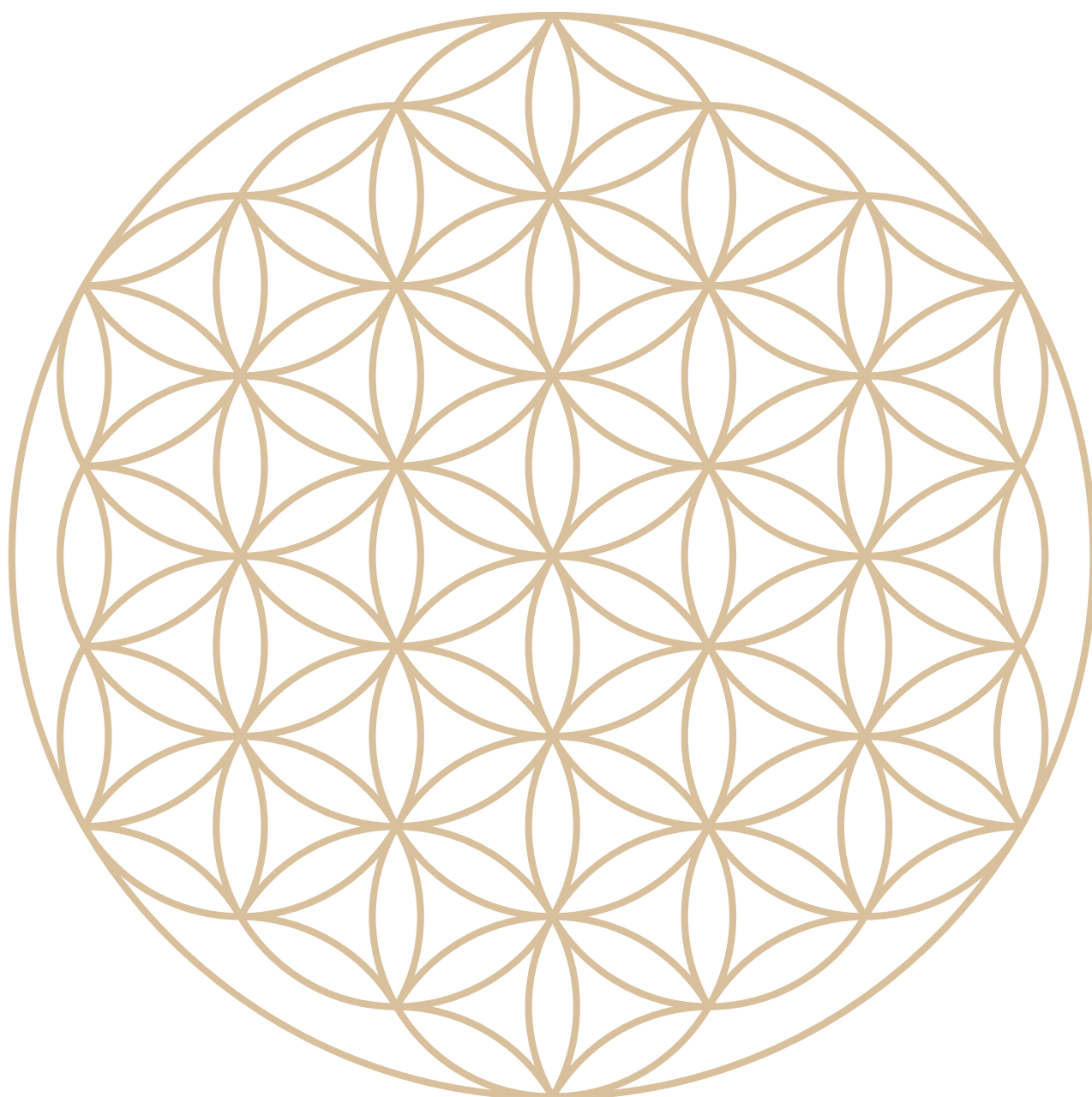
SEED OF LIFE



SRI YANTRA

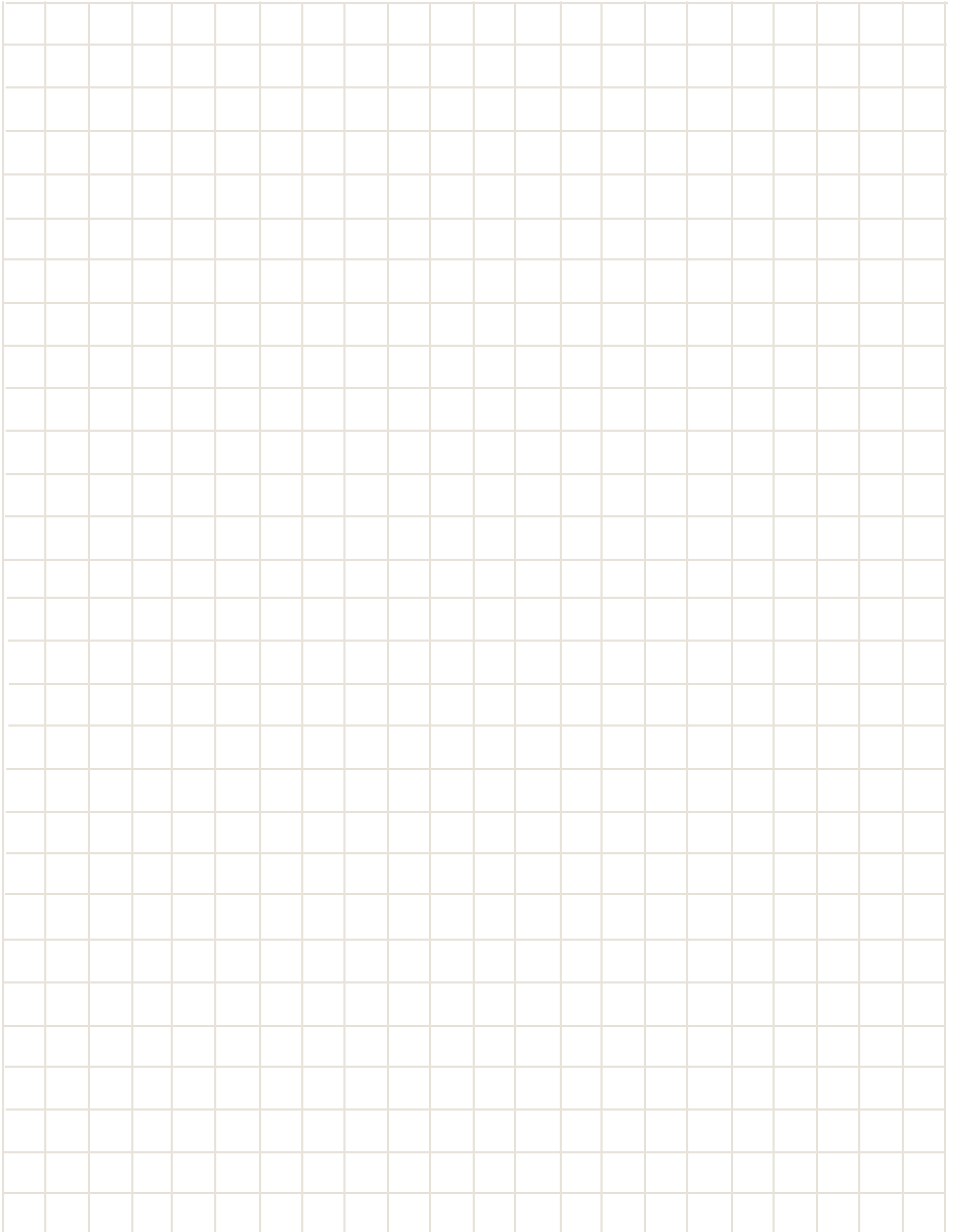


FLOWER OF LIFE



DOODLE PAGE

JOURNALING PAGE



JOURNALING PAGE

A series of 15 horizontal light blue bars, evenly spaced, intended for journaling. Each bar is a solid, light blue color and spans the width of the page.