

Crystal Grid Workshop

12/11/2020

Presented By:

MysticalHealingGuide

Rasia Mykonos Pounce



What is Crystal Gridding?

Crystal gridding is the ancient practice of pairing the power of crystal energetics with sacred geometry. Pairing the two together allows for the enhancement of one's ability to manifest.

Whether you're working with crystals for a specific purpose, such as protection, health or love, or for a general well-being ritual, you may find that placing your crystals in a grid-style layout can amplify their metaphysical power. Crystals are chosen based on the purpose of the grid, and then laid out in a geometric pattern. Once they are spread out, they are programmed or charged with energy to bring about healing or other desired outcomes. You can arrange them in a spiral, a wheel, a heart, or any other type of design you like. The key is to select a pattern that resonates with you spiritually.

Suggested list of crystals for gridding purposes



Iolite: known as the Viking stone. Restores balance, endurance, self-assurance, eliminates debt. stimulates the astral body, supports astral projection, vision quests past life and alternate dimension work.



Crystal Quartz: Clear Quartz crystal opens the mind and heart to higher guidance, allowing the realm of Spirit to be transmitted and translated into the world of physical form. This may accelerate the fulfillment of one's prayers, intensify healing or spiritual growth, or simply allow the crystal to hold a pattern of energy long enough and strongly enough for the manifestation of a goal to occur.



Citrine: aids to manifest abundance and prosperity, to relieve fear and anxiety.



Sunstone: Good luck, prosperity, relieves fear and anxiety, strength, boosts business, emotional independence.



Garnet: Garnet inspires love and devotion. It balances the sex drive and lessens emotional disharmony. This is a stone of commitment to a person or idea. It clears negative chakra energy. It sharpens your perception of yourself and other people. It dissolves ingrained behavior patterns that are no longer serving your needs. Garnet will remove inhibitions and taboos that have been laid down by others rather than yourself. It opens the heart and bestows self-confidence.



Lepidolite: Contains lithium, excellent for calming stress, anxiety and depression. Clears electromagnetic pollution from computers, cellphones, and microwaves. activates and opens the throat, heart, third eye and crown chakras. It clears blockages and brings cosmic awareness. This stone aids in shamanistic or spiritual journeys.



Selenite: Protection, shielding, good luck, clears, opens, and activates chakras, supports all types of spiritual work, clarity of mind, healing, meditation, aids in connecting to spirit guides, and the angelic realm.



Dalmatian Jasper: Service, grounding, aura cleansing, dispels/transmutes negative energy, protection, balance.



Black Tourmaline: Protection, psychic protection, transmutes and cleanses energy, protects against EMFs, spiritual grounding, aids in clearing negative thought patterns.



Sodalite: Truth, creativity, mental clarity, idealism, increased consciousness, self-expression, writing, opens the mind, provides enlightened perspective.



Chrysoprase: Good fortune, success in business, happiness, clears negative thinking, balance, meditation, strengthens friendships.



Pink Opal: hope, peace, eliminates stress and negativity, peaceful rest and relaxation.



K2 Stone: creates balance between the earthly body and the higher consciousness, brings higher awareness, supports communication with guides from higher dimensions.



Fluorite: increased focus and concentration, clear decision making, positivity, balance, stability, protection, harmonizes upper chakras, links one to universal consciousness, increased intuitive ability, enhances connection to source.



Tourmalated Quartz: Amplifies energy, helps to integrate the shadow self, provides emotional clarity, grounding, helps to end destructive behaviors, strengthens the bodies energy field against external invasion, provides an energetic grid of protection.



Elestial Quartz: Extremely high vibration, aids in spiritual growth, a receiver of spiritual vibrations, connection to the angelic realm, combines its vibration with that of your own within your energetic body. Opens pathways to your consciousness on all levels.



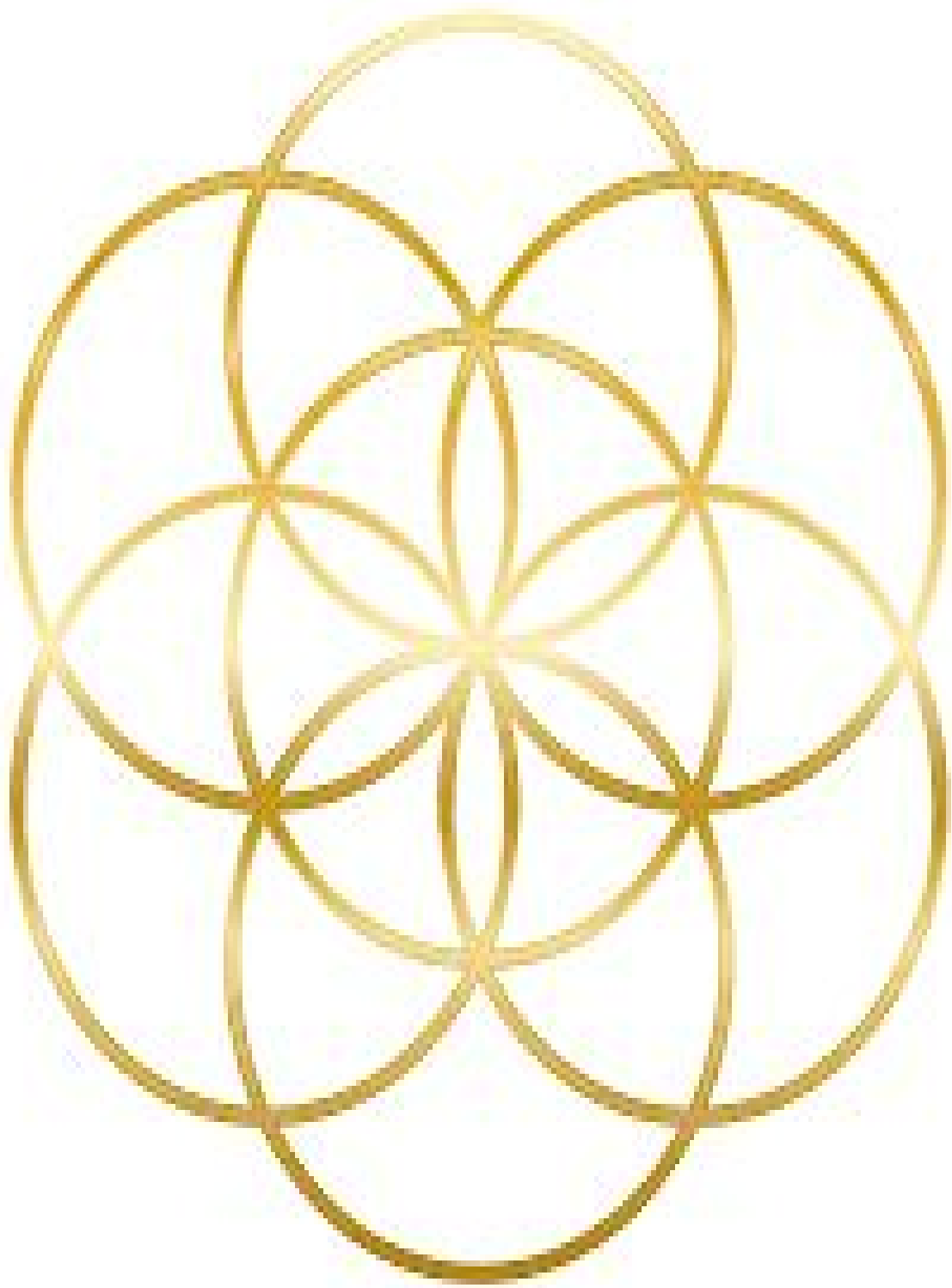
Herkimer Diamond: The attunement stone, unites the physical, mental, emotional, spiritual, and multidimensional states with consciousness to create wholeness.

Promotes dream recall, retrieve and reintegrate fragmented parts of the soul, accelerates spiritual growth, helps to DNA, and cellular structure.

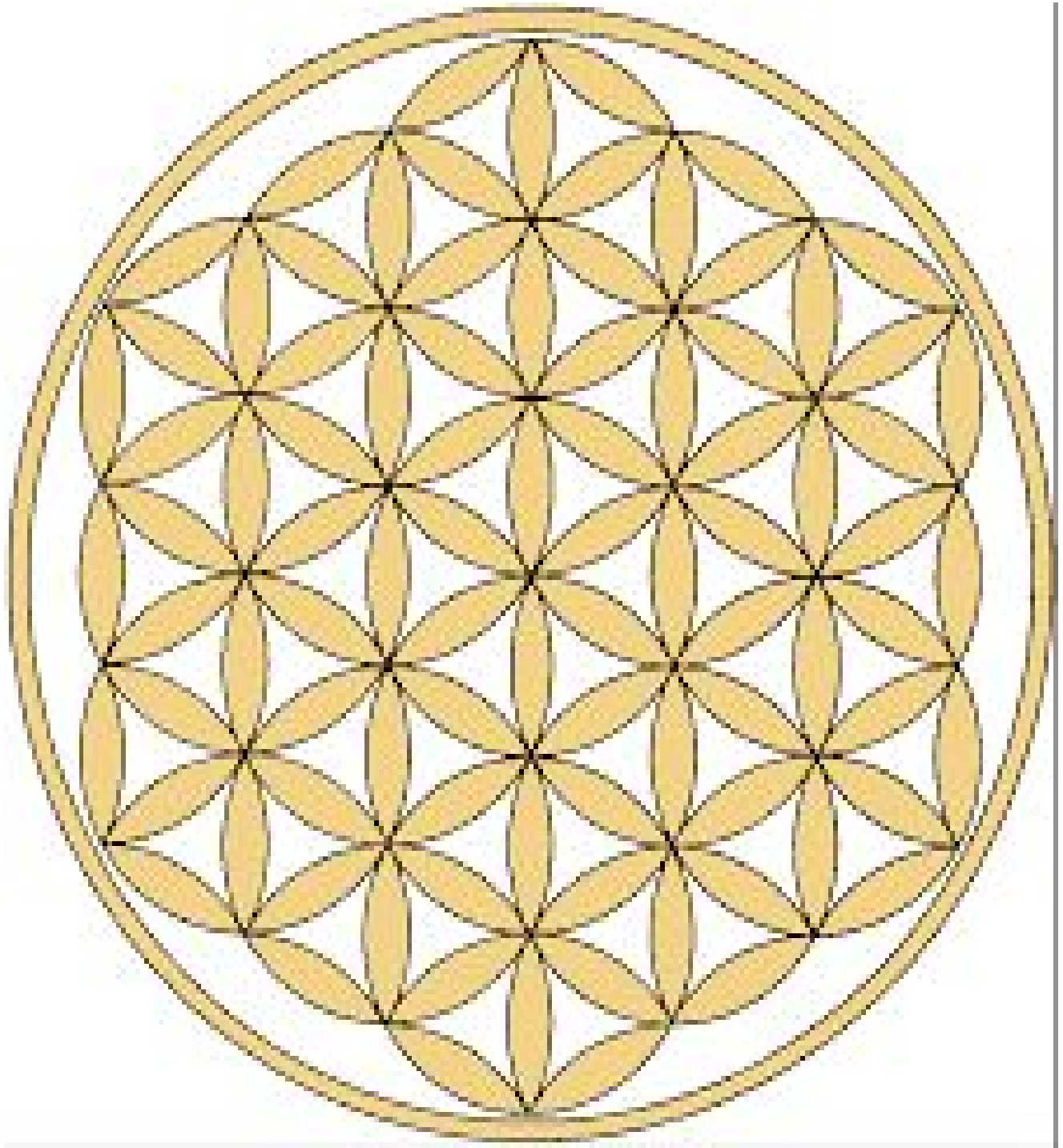


Kunzite: Balance and healing between heart and mind, healing for higher heart, removes panic and fear, promotes love from source/spirit.

Seed of Life



Flower of Life



Metatron's Cube

