



## Crystal Light Therapy® Techniques for Prayer and Guided Imagery

After you have prepared your space, ground yourself.

Once your client is face up on your table and ready to receive a CLT treatment...

- Create a connection with your Higher Self and the client
- Amp up your love vibe – while purifying yourself.

Place the two grounding stones at the client's feet. Next, place the balancing wand one at a time in each hand and tone. Briefly explain that the stones are to balance their male and female energies of yin and yang.

Set opening prayer of intention:

### Opening Prayer

Divine Being, Great Spirit, we ask that you bring forth and make present all of the Spiritual helpers, all of the Spiritual guides and all of the Angels of (client's name) to help and assist in this session today. Amen.

Place one of your hands on your client's upper chest and the other on their abdomen. Ask your client to take 3 deep breaths into their lung and 3 more breaths into their abdomen.



## Guided Imagery Meditation

Note: Prior to placing the stone you can anoint each chakra with a correlating Chakra Light Essence or Blend. As well, you can charge the stone with the Essence, have the client breath in the Essence or mist the her/him with a Chakra Light Spiritual spray.

#1: While placing the clear quartz crystal stone at the crown centre, begin reciting:

**CROWN CHAKRA – HIGHER SELF – CONNECTION**  
**CLEAR QUARTZ – WHITE LIGHT**

Using your imagination, visualize, hovering above your head, a cloud of white light; Divine Light. This light is filled with peace, perfect health, and complete unconditional and universal love. Now, using your breath, breathe this cloud of light closer and closer to the top of your head.

- As this light starts to merge with the top of your head feel it **opening** and **expanding** your crown chakra.
- † **Purify** the chakra by removing any dark flecks or debris sending it off in white bubbles of light. Use your breath to release, clear and cleanse this energy centre. (PAUSE)
- ⌚ Now that this chakra is opened and cleansed **speed it up** by spiralling this light around faster and faster. Envision the crown chakra filling up with white light.
- 👁️ Now visualize a sparkling **clear quartz crystal colour** spiralling in activating your higher self. Feel a deep connection within yourself and with the Universe.



#2: Place the purple amethyst stone on the third eye centre

## **THIRD~EYE CHAKRA – SPIRITUAL VISION AMETHYST – INDIGO**

Using your breath, you start to breathe this light further into your being. Feel this light moving into your brain and activating, energizing, and flushing out all of the dead cells of your brain. Replace these cells with light and new life. Using your imagination focus this light in the middle of your forehead.

- Feel it spiralling around, **opening** and **expanding** your brow centre – the gateway to your Spiritual Eyes.
- † **Purify** the chakra by removing any dark flecks or debris sending it off in white bubbles of light. Use your breath to release clear, and cleanse this energy centre. (PAUSE)
- ⌚ Now that this chakra is opened and cleansed **speed it up** by spiralling this light around faster and faster.
- 👁️ Now visualize a **royal amethyst indigo colour** spiralling in filling up your third-eye centre. A feeling of deep peace, perfect health and complete unconditional love flows into your awareness.



#3: Place the blue stone on the throat centre

## THROAT CHAKRA – COMMUNICATION SODALITE/LAPIS LAZULI – BLUE

Using your breath, breathe this light further down into your being. Feel the light moving through your face, nose, ears, your mouth and throat. Everywhere this light is moving it is removing dead cells and replacing them with new life and light.

- Focusing on your throat, feel the light spiralling around, **opening** and **expanding** your throat centre.
- † **Purify** the chakra by removing any dark flecks or debris sending it off in white bubbles of light. Use your breath to release, clear and cleanse this energy centre. (PAUSE)
- ⌚ Now that this chakra is opened and cleansed **speed it up** by spiralling this light around faster and faster.
- 👁️ Now visualize a **deep lapis lazuli blue colour**, like the ocean spiralling in, filling your throat centre. A feeling of deep peace, healing and of complete unconditional LOVE flows into your awareness allowing all of your communication to be effortless.



#4: Place the green stone on the heart centre

## HEART CHAKRA – UNCONDITIONAL LOVE AVENTURINE/EMERALD – GREEN

Using your spirit eyes, visualize the light and using your breath, breathe this light further into your being. Feel this energy moving through your head, throat, arms, lungs and into your heart, removing all of the dead cells and replacing them with new light and new life.

- Focus this light in your heart chakra, spiralling around **opening** and **expanding** this centre.
- † **Purify** the chakra by removing any dark flecks or debris sending it off in white bubbles of light. Use your breath to release, clear and cleanse this energy centre. (PAUSE)
- ⌚ Now that this chakra is opened and cleansed **speed it up** by spiralling this light around faster and faster.
- 👁️ Now, visualize a **soothing emerald green colour**, spiralling in to fill the heart centre. As this colour comes in a feeling of compassion, forgiveness and love fills you up, expanding your heart to receive and give more love. The heart is where the soul lives.



#5: Place the yellow stone on the solar plexus centre

**SOLAR PLEXUS CHAKRA – EGO – WILL**  
**CITRINE/TOPAZ – YELLOW**

Using your breath, breathe the white light through the internal parts of the body, removing toxins and blockage from the liver, pancreas, gall bladder and upper digestive system. Flush them out with light, replacing the dead cells with new life and light.

- Focus this light in your solar plexus **opening** and **expanding** your will centre.
- † **Purify** the chakra by removing any dark flecks or debris sending it off in white bubbles of light. Use your breath to release, clear and cleanse this energy centre. (PAUSE)
- ⦿ Now that this chakra is opened and cleansed **speed it up** by spiralling this light around faster and faster.
- 👁️ Now, visualize a **brilliant yellow citrine colour** spiralling into the will centre, aligning and connecting you to the will of God. For it is not by mine, but by Thine will be done on earth as it is in heaven.



#6: Place the orange stone on the spleen centre

## SACRAL CHAKRA – SEXUAL~EMOTIONAL CARNELIAN – ORANGE

Using your breath, breathe this white light into your stomach, kidneys, spleen, lower digestive system and sexual organs, removing any toxic build-up or blockages.

- Now, focus this light in the second chakra **opening** and **expanding** this energy centre.
- † **Purify** the chakra by removing any dark flecks or debris sending it off in white bubbles of light. Use your breath to release, clear and cleanse this energy centre. (PAUSE)
- ⌚ Now that this chakra is opened and cleansed **speed it up** by spiralling this light around faster and faster.
- 👁️ Now, visualize a **beautiful carnelian orange colour** spiralling in filling the second chakra with joy and happiness.



#7: Place the red stone on the root centre

## ROOT CHAKRA – PHYSICAL RED JASPER/RUBY – RED

Using your breath, breathe in the light let it flow through your blood, bones, skeletal system, hips, legs and feet.

- Focus the light in the first chakra **opening** and **expanding** your root chakra.
- † **Purify** the chakra by removing any dark flecks or debris sending it off in white bubbles of light. Use your breath to release, clear and cleanse this energy centre. (PAUSE)
- ↻ Now that this chakra is opened and cleansed **speed it up** by spiralling this light around faster and faster.
- 👁 Envision your entire body sparkling and tingling in white light, energized. All of the dead cells have been removed and new light and life are in its place.

Now visualize a **deep ruby red colour** spiralling in, filling the first chakra creating a sense of vitality and physical strength.





## Grounding

### Creating the Protective Energy Belt

Now, go into the centre of the Earth herself. Merge with her energy, feel her aliveness and her ability to create and sustain life. Now pull this energy up and out of the Earth and connect it into the bottom of your feet in the arches, grounding on the Earth and connecting you to her. This energy feels like a walk in the forest or on the beach. Now pull the energy up the inside of your legs and flush out any blocked or clogged energy that has formed as a result of walking on cement and asphalt. Bring this energy into the first three chakras and spiral it around the whole belly region creating a belt of earth energy. Now bring down the Divine Light and mix it with the Earth energy belt, creating a protective belt of divine, Earth energy.

### Closing Prayer

Great Spirit, we ask that you protect us, and empower us to be providers of protection through the energy manifested through our work here. May we remember that we are Divine beings living on this earth, and empower us to create our own Heaven on Earth... Amen.

WITH RESPECT

REMOVE THE CRYSTALS FROM YOUR CLIENT'S BODY

CLEANSE THEM WITH AURA SPRAY

PLACE THEM IN THEIR BAGS

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