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<http://reikirays.com>

1. Cleanse/Charge your crystals. Put the crystals outside directly on the ground under the moonlight.
2. If you'd like to incorporate crystals in Reiki session simply pick a crystal from the matching chakra listed below.
3. After the client lays down, place the crystals on the corresponding chakra and perform a normal Reiki session.
4. After the session be sure to cleanse each crystal used.
 - Make the Master symbol over each crystal, make the symbol on your palm and hold the crystal in your hand for 5 min /
 - Add the crystals to a bowl of saltwater, make the Master symbol over it and Reiki the bowl for 5 min. Leave them for another 20 min.

	Chakras	Crystals	
	Top of the head	Violet/Amethyst, Clear Quartz, Clear Calcite, Ametrine	
	Above the eyes, center of the forehead	Quartz, Indigo/Lapis, Lazuli, Sodalite	
	Base of the throat	Blue Lace Agate, Celestite, Aquamarine, Blue/Turquoise	
	Heart, center of the chest	Rose Quartz, Green/Emerald, Tourmaline, Pink Calcite	
	Between the sternum and the navel	Moonstone, Yellow/Amber, Topaz, Argonite, Malachite	
	Lower abdomen, 1-2 inches below the navel	Smoky Quartz, Orange stones, Carnelian, Red Jasper	
	Tailbone, base of the spine	Tiger's Eye, Hematite, Garnet, Ruby, Red/Lodestone	