



Crystal Appreciation Course **5 – Week Introduction &** **Insight into Crystals & Their Usages**

Overview

Man has long been fascinated with gemstones or crystal stones. Since the beginning of time, crystal stones have been used in many ornaments and structures creating what we call crystal therapy. Ancient records of crystal healing were discovered from Egyptian relics. There were a number of Ebers papyruses that accounted to the medicinal uses of many gems. Five thousand years ago, this healing technique was also used in ancient Indian Ayurvedic and traditional Chinese medicine practices. Mayan and Native American tribes and Aborigine people also used crystals for healing, meditation and other ceremonies. Rocks, minerals and gemstones are more easily accessible and used in a variety of ways over the thousands of years. The structures, and geometry of crystals, colours have a variety of properties which can help on numerous different levels.

Crystal therapy is basically an art of laying-on-of-stones. With the knowledge on the body's chakra points, a trained crystal healer or therapist selects and arranges the gems, stones and crystals to resonate the kind of energy that will open the chakras. This way, the energies delivered by the arranged stones will blend in and correct the imbalances to the body's chakra system. Once this is achieved, the body will naturally heal. This system is composed by the chakras, the electromagnetic energy around the body known as aura, its subtle bodies and meridians. Illnesses arise whenever there is an imbalance between these energies.

There are a variety of complementary stones used to facilitate crystal therapy. These stones are selected to use and focus their energies or reflect energies to promote physical, emotional and spiritual well-being. Promoting healing through crystal stones is currently being used to prevent or remedy physical illnesses and symptoms. It is used to relieve both acute and chronic conditions, states of anxiety, facilitate pre-operative care and post-operative healing. It basically promotes recovery from existing illnesses or symptoms by activating and supporting the body's natural healing processes. With each mineral stone having special and specific influence, function and impact to the vibrational energies of the body, crystal therapy basically facilitates healing by refocusing the body's natural life energy.

Course Details and Syllabus

This course gives you a good appreciation of crystals and their uses. You will learn comprehensive ways to intuitively select, use your crystals, make elixirs and apply them to a variety of areas benefitting your mind, body and spirit bringing harmony to you and your surroundings. Learn about the safety and maintenance of your crystals. You will have the knowledge to undertake chakra balancing and more.

As the course is intuitively taught you will have plenty of opportunity to practice and reinforce your learning hence the course is run fortnightly over a 10 week period.

Course Times: 6.15pm – 9.30pm (Weekday) or 10.15am - 1.30pm (Saturday)

Cost: Course Registration Fee: £50 Followed by 5 payments of £60 **Total Cost £350**

Resources provided:

- Printed course notes
- Resource / Worksheets for ongoing assessment with practicals.



Entry Requirements:

There is no need for students to have any previous knowledge of the subject area, except an interest in crystals and minerals.

Outcomes: The course is intended for those who wish to gain an appreciation of crystals and their potential uses for balancing and relaxation. You will be able to undertake chakra balancing and learn how to use crystals to improve not only your environment but your mind, body and spirit. This intuitive course is underpinned by practical exercises to reinforce your learning.

Students will be required to complete 5 case studies which will include 5 follow-up sessions within a set period of time.

Course Content:

WEEK 1

- 1 Introduction to Crystals
- 1.1 Background Rocks, Minerals & Crystals
- 1.2 Formation and Structure of Crystals covering basics of crystals, layers, form, vibration, colour and light.
- 1.3 History of the Use of Crystals
- 1.4 Theory of How Crystals Work
- 1.5 What Makes a Mineral a Gemstone?
- 1.6 Wearing & Carrying Crystals
- 1.7 Crystal Remedies/Gem Elixirs: Methods of making Elixirs.

WEEK 2

- 2 Crystal Care
- 2.1 Choosing & Storing crystals: buying, cleaning and looking after your Crystals
- 2.2 Cleansing & Energising Crystals; Use of Herbs & Smudging
- 2.3 Activating & Programming Your Crystal
- 2.4 Cleansing and Energising Crystals
- 2.5 Uses of Crystals at Home/Work

WEEK 3

3. Overview of the Chakra and Aura
- 3.1 Chakras and the Importance of Mental, Physical and Emotional Bodies
- 3.2 The Subtle Human Energy Fields
- 3.3 The 7 Main Chakra's
- 3.4 Chakras and the Importance of Colour in Crystal Therapy
- 3.5 Crystal Healing – Uses and Methods
- 3.6 Importance of Colour to Crystal Therapy; Aspects of a Person's Layers & the Aura



- 3.7 Crystal Therapy: Contra-indications & Contra-actions to Holistic Crystal Therapy
- 3.8 Dowsing Using a Pendulum
- 3.9 Normal Sensations when Handling and Using Crystals

WEEK 4

- 4. Overview of the Chakra and Your Physical Anatomy
- 4.1 Physical, Psychological, Mental, Emotional and Spiritual attributes of each of the range of crystals.
- 4.2 How to Read and Record the Chakra Dowsing
- 4.3 Simple Chakra Healing Layout for Balance and Calm

WEEK 5

- 5. Overview of Contra-Indications/Actions to Holistic Crystal Therapy
- 5.1 Contra-Indications - Consultation Form
- 5.2 Contra-actions, also known as Healing Reactions - After Care Information Sheet
- 5.3 Crystal Relaxation Layout
- 5.4 Self-balancing Exercise with 1 Crystal Point

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