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# Nature Care College

## Crystal Healing

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| <b>DESCRIPTION</b>        | In this course we learn to tune in to the powerful healing energy of Crystals and how to use them as catalysts for self development, emotional and physical healing, spiritual growth, energy rejuvenation and balancing. Passionately presented by Reiki Master & therapist Evie Michaels (daughter of renowned healer and teacher from Byron Bay, Zetta Michaels) it enables participants to understand crystal energy, gain crystal knowledge and learn practical healing exercises through hands-on work with many different kinds of crystals. This unit may be used as an elective for the Diploma of Energetic Healing |
| <b>DURATION</b>           | 24 hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>LEARNING OUTCOMES</b>  | By the end of this unit, students will have learned <ul style="list-style-type: none"> <li>▪ How to intuit/sense the healing properties of different crystals</li> <li>▪ Different techniques to cleanse and revitalise crystals</li> <li>▪ How to select crystals for personal use and for the healing of others</li> <li>▪ Meditation with crystals</li> <li>▪ Programming of crystals</li> <li>▪ How crystals can de-stress and balance/revitalise</li> <li>▪ Chakra clearing, energizing and balancing with Clear Quartz</li> <li>▪ Laying on of stones (Level 1) for energy revitalization and healing</li> </ul>        |
| <b>TEACHING METHOD</b>    | Demonstrations and Explanations<br>Meditations<br>Hands-on work with different types of crystals/discovery method<br>Practical experience of every crystal and healing method taught<br>Positive group dynamics and learning support                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>ASSESSMENT</b>         | Attendance Requirement Only                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>ATTENDANCE</b>         | 80% minimum.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>PRE-REQUISITES</b>     | Nil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>CO-REQUISITES</b>      | Nil                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>MATERIALS REQUIRED</b> | Notebook, pen.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>TEXTBOOKS</b>          | <b>Compulsory:</b><br>Nil<br><br><b>Recommended Reading / References:</b><br>Nil                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

## COURSE OUTLINE

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### DAY 1

How crystals are formed naturally over millions of years in the Earth.  
The ability to tune in to the energy of Clear Quartz, Rose Quartz, and Smokey Quartz and to intuit their healing properties.  
Group feedback/sharing and confidence building to facilitate intuiting and gleaning information from Crystals in this way.

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### DAY 2

The Principles/Theory of Healing with Crystals  
Selecting Clear Quartz as a personal healing crystal.  
Cleansing of Crystals.  
Practical work with clear quartz  
Programming a crystal for healing.  
Fluorite, Amethyst, Carnelian.  
Group Feedback/sharing.

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### DAY 3

Review of handouts  
Chakra energizing, balancing and healing with a programmed Clear Quartz crystal.  
Citrine, Lapis Lazuli, Sodalite & Aventurine  
Group Feedback/sharing

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### DAY 4

Hematite and Obsidian  
Theory/principles of healing with the crystals covered in the course.  
Practical exercise: Laying on of Stones using tumbled stones of crystals covered in this course.  
Feedback.  
Conclusion of course.

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.