

## CRYSTAL COURSE led by Suzanna Trowsdale

### CERTIFICATE IN CRYSTAL CONSCIOUSNESS. YEAR 1.

#### 1. CRYSTALS – formation and properties.

Crystalline structure.

Mohs' scale of hardness

#### 1A. CARING FOR CRYSTALS

Cleansing crystals – various ways of cleansing crystals.

Programming and dedicating crystals

#### 2. THE HUMAN ENERGY FIELD

Understanding and sensing the chakras and auric field.

#### 2A. DOWSING

Pendulum dowsing of aura and chakras to detect energy flow and blocks.

#### 2B. SETTING SACRED SPACE – with various crystal energies.

MEDITATION WITH CRYSTAL  
HEALING IN SACRED SPACE

#### EXPERIENTIAL WORK WITH CRYSTAL ENERGY

Understanding crystal energy and association of crystals to chakras and auric layers.

Experiencing crystal energy on your body for self healing.

Using a single crystal with another person.

#### 3. CROWN

Crystals associated with crown chakra and auric layers.

#### 4. 3<sup>rd</sup> EYE

Crystals associated with 3<sup>rd</sup> eye chakra and auric layers.

#### 5. THROAT

Crystals associated with throat chakra and auric layers.

#### 6. THYMUS

Crystals associated with thymus chakra and auric layers.

## 7. HEART

Crystals associated with heart chakra.

## 8. SOLAR PLEXUS

Crystals associated with solar plexus chakra.

## 9. SACRAL

Crystals associated with the sacral chakra.

## 10. KUNDALINI

Crystals associated with kundalini.

## 11. CRYSTAL CHART

Recap of all crystals.

Choosing your own crystals to work with.

Sending distant healing using crystal energy.

The certificate course will be over one year 1 unit/month.

Work will be experiential, with a practical and written assignment set to consolidate learning after each unit.

We will use meditation, colour, crystals and counselling skills.

You will experience healing and personal growth throughout the course.

The certificate allows you to use crystals for yourself or alongside previous qualifications.

# DIPLOMA IN CRYSTAL CONSCIOUSNESS

## YEAR 2

(Students may start this year after completing the certificate year)

### 1. QUARTZ CRYSTAL FAMILY

Single terminated crystals

Double terminated crystals

Tabular crystals

Isis crystals

Window crystals

Wands

2. MULTIPLE CRYSTAL WANDS – experiencing energy of wands with multiple crystals – finding the right wand for you.

Trip to The Crystal Merchant shop in Bury St Edmunds.

### 3. GATES, MERIDIANS AND ENERGY LINES

3 Female gates

4 male lines

Main meridian pattern for crystal healing.

### 3A. UNDERSTANDING AND SETTING CRYSTAL GRIDS

4 point grid

6 point grid

8 point grid

### 4. WORKING WITH CHAKRA SETS OF CRYSTALS ON THE BODY.

Practise of crystal healing techniques.

### 5. PRACTICAL WORK – COUCH HEALING.

As part of the qualification students will practise the crystal healing with 4 clients, at least 3 sessions/ client.

Case notes

### 6. Overview of the learning and practise

Counselling skills to help the therapist facilitate autonomy of client.

## ESSAYS

Changes in myself whilst doing the course.

My learning as a therapist whilst practising with clients.

My chosen lifestyle to promote and sustain my light and energy.

## BOOK LIST

Crystal Enlightenment—Katrina Raphael

Crystal Healing—Katrina Raphael

Crystalline Transmission—Katrina Raphael

Crystal Healing, Practical Guide to Healing with Quartz Crystal—  
Edmund Harold

Hands of Light—Barbara Ann Brennan

Healing with Gemstones—Pamela Louise Chase and Jonathan Pawlick

Your Healing Power—Jack D'Angelo

Love in the Earth—Melody

Rocks and Minerals—Larousse

The Crystal Bible—Judy Hall

The Illustrated Directory of Healing Crystals—Cassandra Eason

Your Body Speaks Your Mind—Debbie Shapiro

The course is approved of for insurance by Balens.

## **ANATOMY AND PHYSIOLOGY COURSE** **(-EXTRA HOURS.)**

### **\*ANATOMY AND PHYSIOLOGY**

Anatomy of major systems and organs.

Heart, Eyes, Ears, Lungs, Liver, Pancreas, Intestines, Kidneys,  
Reproductive organs

Endocrine glands and hormones

Physiology and health related to crown chakra

Physiology of 3<sup>rd</sup> eye chakra

Physiology and health related to throat chakra

Physiology and health related to thymus chakra

Physiology and health related to heart chakra

Physiology and health related to the solar plexus chakra

Physiology and health related to sacral chakra

Physiology and health related to kundalini chakra

Relationship of organs and hormones to chakra system and  
disease/health.

**STUDENTS ARE REQUIRED TO GAIN A FIRST AID  
CERTIFICATE.**

### **BOOK LIST**

Greys Anatomy

You Can Heal Your Life—Louise Hay