

EmoTrance Crystal Healing

by Dr Silvia Hartmann



**An introduction to EmoTrance Crystal Healing
Plus a complete “Crystal Energy” workshop outline
For you to give your own Crystal Energy
mini-workshops for pleasure and profit**

*Based on the Crystal Healing presentation
from the 2009 EmoTrance Conference.*

Table of Contents

EmoTrance Crystal Healing.....	1
Crystal Healing Power With EmoTrance.....	3
Crystal Fascination.....	3
First Crystal Exercise.....	5
Choosing The Right Crystal For A Special Problem.....	6
Crystal Healing With Groups.....	7
Tips On The Basic Crystal Sensation Exercise.....	8
EmoTrance Crystal Healing Workshop	10
Part 1: Crystals & Energy Flow.....	10
1. Introduction To Healing With Crystals & Energy.....	10
2. A First Crystal EmoTrance Experience.....	11
3. Practice The Basic Crystal Energy Flow.....	12
4. Crystal Learning Exercise.....	13
Part 2: EmoTrance Energy Healing With Crystals.....	14
5. Introduction To EmoTrance Energy Healing.....	14
6. EmoTrance Crystal Healing Demonstration	15
7. Pairs Crystal Healing Exercise.....	15
8. Crystal Heart Healing	16
In Conclusion.....	17
The Crystal Kingdom.....	18

EmoTrance Crystal Healing
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Dr Silvia Hartmann
Author, “EmoTrance”
For further information, please visit
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Crystal Healing Power With EmoTrance

With Dr Silvia Hartmann



In this workshop I am going to show you how to do Crystal Healing session with yourself, with clients and with groups of people.

You might think, that's a lot for an hour long workshop, how can I learn all of that if I have no experience or knowledge about crystals and their healing properties?

The answer to that is of course, we're not just doing Crystal Healing – we are doing the EmoTrance version of crystal healing, and that's different, and quite wonderfully easy and rewarding, at that.

Now, in order to do Crystal Healing you do need at least one crystal.

And here we step straight into the magic – because for some reason, the Creative Order made it so that **human beings are naturally fascinated by, and magically drawn to, these mysterious, beautiful entities from the mineral kingdom.**

I guess we all know this, but I found out for real at one time when I was on holiday in Germany.

Crystal Fascination

I saw there was a flea market, a street market where people go and sell things from their garages and lofts and such, and I went over to have a look what I might find.

There, I was immediately drawn to something sparkly – it was a pasting table with various objects and amongst the odd tea cups and used toys, there lay a number of truly beautiful crystals. Clear quartz crystals, smoky quartz, large specimens and they drew me irresistibly.



As I stood looking at the crystals, a lady came up and asked me some questions about them. I looked up, looked for the stall holder, but they had gone away to get some coffee and left their 7 year old daughter in charge who looked terrified and was hiding under the table.

So I shrugged and started to explain a little about the crystals, gave one to the lady to hold, asked her if she could feel anything.

This prim & proper middle aged German lady was absolutely astonished to feel a tingling in her hand – it was the first time she had ever consciously felt energy in her life, and she was amazed,

awed and excited. In the absence of any price tags, I sold her the crystal for fifty Euros.

As I was dealing with her, more people turned up and started to listen, and soon I was selling crystals and having people experience the feelings and energies of rose quartz, and smoky quartz, and obsidian, malachite and haematite.

I was simply fascinated by how easy this was – people were so drawn to the crystals, and even though these were ordinary Germans, old and young, men and women, they couldn't help but react and **want that energy in their lives.**

If you can sell crystals to traditional small town Germans in 1981 on a street corner, I figured, you can sell crystals to anyone at all!

The stall holder came back and was a bit unsure if she approved of what I had done; but eventually she took the big pile of Euros and thanked me, then she gave me the lovely smoky quartz which I had put aside for myself as a reward for my troubles. The crystals came through her husband, who was an air plane pilot and brought them back from his regular trips to Brazil, it transpired.



Now this was many years ago, but I've never forgotten the experience, and I'm telling you this story to have you understand that to offer someone crystal healing, or a crystal experience if you will, is not going to meet with the kind of scepticism that you would encounter if you were to offer people some form of psychotherapy, a sales leaflet or a radically new idea, God forbid.

When you work with energy, people and crystals in combination, you are right from the start in a movement of Even Flow – people are naturally attracted to crystals, and the energy

from crystals is so strong, that I would wager that 90% of the population will feel some thing when they hold a crystal in their hand and pay attention to what that feels like, and how far these electric feelings travel up their arms, and into their bodies.

- **So in this way, working with crystals can also be an entrance point for EmoTrance energy experiences – crystals make it really easy to feel the energy flow in the body, and they can open channels and teach a person how to pay attention in the first place.**

If you have a client who would love to do EmoTrance but can't seem to get the hang of it or are very unsure of their feelings, by adding the energy of a crystal, you might well achieve a breakthrough, a threshold shift, for that client that otherwise they might not have attained.

So for this first exercise, I'd like you to be in pairs.

First Crystal Exercise

One of you will hold a small piece of crystal in your left or right hand, and the other will help the one who holds the crystal take that energy in through their hand, let it move up their arm and into their energy body.

Find out the channels that energy wants to travel; soften and flow any blockages, and find the natural exit point for this energy. Get it to flow really freely and fast, so that the person who holds the crystal experiences an energised end state.

- **The energized end state is again something that some people have trouble with – they don't know what that is, don't know what they are trying to achieve.**
- **By using a crystal, they get a sense of what real energy flow feels like, and it gives them something to aim for when they are working with energies of their own.**



For the second exercise, we are going to hold the small crystal in both hands and hold it close to the heart, taking the energy of the crystal into the heart centre and letting it radiate out from there.

Go ahead and both of you have this experience now.

- **A simple, crystal assisted heart healing, which really only takes a few moments, is a wonderful experience which you can offer to clients as an extra bonus at the end of a session, and to bring all your work together.**
- **This is very memorable, very nice, and also a great homework technique to send clients home with to do on their own, with their own crystals, any time they feel they need it.**



Choosing The Right Crystal For A Special Problem

EmoTrance works by relying on a person's own intelligence and knowledge about their own problems, NOT on the practitioners being particularly clever, or knowledgeable.

Likewise, healing with crystals in EmoTrance does not require any knowledge of what “the metaphysical properties ...” of this, that and the other crystal may or may not be.



Instead, we are working with **NATURAL AFFINITY** – we let the client choose which crystal they want to work with for a particular problem.

You do not need giant expensive “Lemurian healing crystal cathedrals” for this. Even the cheapest little tumble stones have lots of energy to give and so do small quartz points which cost next to nothing.

Likewise, you do not need a giant crystal collection. A choice of two or three is quite enough, just as

long as there is a choice to be made.

Let's say we have amethyst, clear crystal quartz, and rose quartz.

Imagine you are the client, and I am going to ask you now, “If you wanted to work with an old energetic injury today, or one that keeps coming back, a fault line perhaps, which one would you choose as your helper on this occasion?”

“Choose the one you are most drawn to, the one you WANT to have close to you at this moment.

“Very good.

“Now, show me with your hands where the injury is located in your energy body.”

Now that we know that, we are going to move the crystal towards that location and let the energy of the crystal begin to interact with that area, helping it to heal, to re-establish itself, to mend, to become whole and to start absorbing the energy from the crystal.

- One of the really nice things about working with a crystal is that you don't have to keep your intention so strongly; the incoming energy from the crystal is absolutely steady and doesn't waver.

Work with the crystal as you would normally do with your hands alone; let it become an extension of your hand, of your own energy system, and let it carry your healing attention on its own waves and pulses along and into the client's energy system.

When the area is healed, and energy flows in, through and out, establish the energised end state – and the crystal healing is complete.

Innocent Energy Healing With Crystals

An important note: **Crystal energy is very pure.** There are people who really have trouble allowing themselves to be healed by another human being, no matter how good their intentions or even, how much they might WANT this other to help them heal.

There are also areas that are actually allergic to the human touch; probably because these injuries were caused by the human touch in the first place, so this is understandable.

- Crystal energy can go where human energy may be rejected; and it is very powerful as well, very stable, very reliable, and that's another benefit.

You can offer the assistance of crystal healing at any time a session might get stuck or seems to go nowhere; and the self healing aspects of healing with crystals and EmoTrance are also very valuable.

Now, let's talk about crystal healing with groups.

Crystal Healing With Groups

All you need for a wonderful experiential crystal healing mini-workshop, evening experience, afternoon etc. is a few crystals and a few people in the same room together - and let them loose on each other!

Let people choose a crystal.

Let them talk a little about what attracted them, how they knew it was the right one.

Let them do the first exercise where you hold the crystal in your left hand (or the right, if you are left handed) and you can feel how the energy comes up the arm from the hand, moves through their body, finds the rightful channels, in, through, and out.

Allow them the space to talk about their experiences, and their thoughts.

Let them do the healing exercise where you pick a problem, pick the matching crystal, and let the crystal HEAL that area all the way to the energised end state.

Let them choose another problem, and another crystal, so they can feel for themselves how different the energies from the different crystal types are.

End with the crystal heart healing session – and what a wonderful mini-workshop that will be!

I also love the idea that people will go home, and dust off their own old crystals and start really using them to massage and caress their own energy systems, to really draw these energies into themselves.

That is REAL, and powerful crystal healing, and you learn how to do better EmoTrance at the same



time with the help of our friends from the crystal kingdom.

Q: What if someone feels nothing at all?

A: It is highly unlikely that you should get many people who are high on the autistic spectrum at a crystal energy healing mini-workshop! When I did this with the random Germans in the street, there wasn't a single one amongst them who felt "nothing at all."

But here are some tips to make it easier.



Tips On The Basic Crystal Sensation Exercise

- Don't try so hard! Furrowed brows, clenched jaws and clenched fists are never useful when we are dealing with energy flow. Relax, take it easy, this is really easy and natural.
- Take a deep breath and look at the crystal resting in the palm of your hand for a moment. Then close your hand around it and at the same time, close your eyes and pay attention to the sensations of the crystal in your hand. Can you feel the crystal? Is it cool, warming up? Can you feel it tingling in your hand?
- Now notice how you can feel something travelling across your wrist and up your arm. That's the crystal energy. Keep breathing freely and allow yourself to be quite delighted by these electric sensations. Follow the path of that energy as it travels upwards with your intention.
- Where is this energy going? Show me with your hands. Massage your arm with the other hand as you follow the feeling.
- Keep breathing and move with the energy sensations. If you lose the feeling, open your hand for a moment, switch the crystal into the other hand, shake your arms out, loosen up your neck and shoulders and have another go. Second time round is usually even more electric as we're learning to pay attention.

If that doesn't work, ask the person to try another crystal, possibly even one they don't like, so that they get a stronger response to the energy which is more noticeable to them.

However, this is incredibly rare; if the worst comes to the worst you can always ask the person to sit with the crystal in silent meditation whilst the rest of the group has fun with the energy of crystals and finding out how it affects them.

If you are new to this and unsure, do the following. For the next week, carry a crystal in your pocket and every person you meet or who comes to your house, no matter who they are, just hold it out to them. Find out if they pick it up, and what happens when ask them what they can feel. A very interesting experiment - and don't leave out the kids or unlikely people such as traffic wardens and street cleaners!

Q: Does this have to be an energy healing workshop?

A: No!

- It can be a “having fun with crystals” afternoon if you want.
- Or a “making friends with crystals” morning workshop (retired ladies and ladies with kids at school like this time of day!).
- Or a “I'm going to phone a few friends and we're going to try this out” Saturday night party.
- Or how about a “Crystal Play Group”? People can bring their own favourite crystals along share them with each other.
- Or you can pick one topic such as “Crystals and Weightloss” or “Crystals and Relaxation” or “Dancing with Crystals” and do the same exercises under that heading.

There is a million different ways in which you can use this, but do remember:

Crystals are fascinating, light, happy things; do try and have fun!



Now, here is a short, practical outline for a three hour mini-workshop or introduction evening for EmoTrance and Crystal Healing.



EmoTrance Crystal Healing Workshop

Part 1: Crystals & Energy Flow

1. Introduction To Healing With Crystals & Energy

We all have an energy body.

Energy needs to flow through the body so we can feel happy and well.

The energy needs to flow in, through and out.

If there are blockages or injuries, we feel emotional pain.

In this workshop, we are going to learn how to use crystal energy to heal our energy body.



2. A First Crystal EmoTrance Experience

Pick a crystal and hold it in your hand. *(You can also give each participant a small crystal to play with).*

Take a deep breath and pay attention to the feeling in your hand.

Can you feel the energy from the crystal?

Can you feel it travelling up your arm and into your body?

Where does it go from there?

Energy needs to flow into our energy bodies, through and out.

Find the path and let that energy flow all the way through you.

How does that feel?

Questions to ask of the audience:

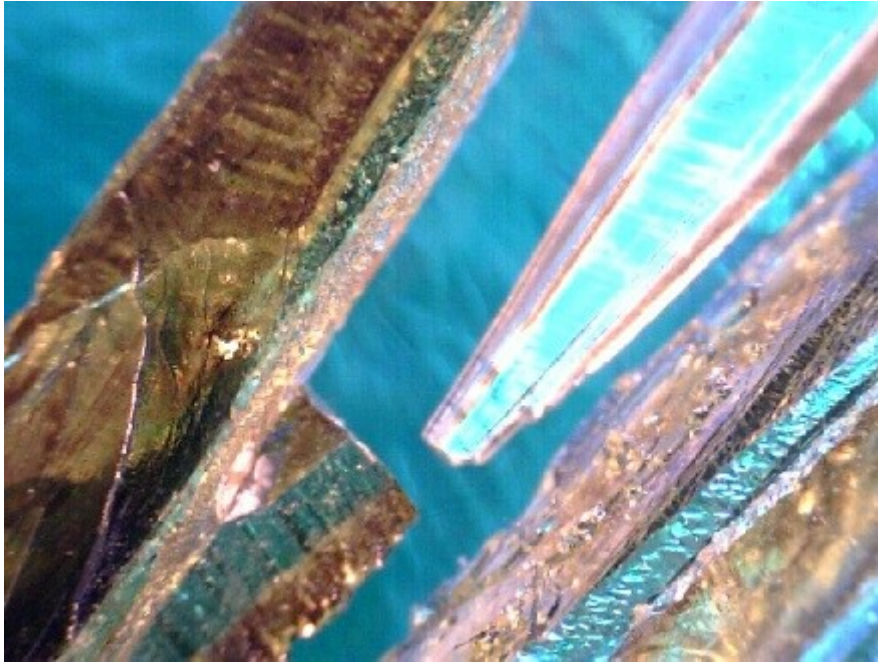
Did you notice any blockages along the way that resolved through the energy flow from the crystal?

Where there any places in your body where the flow wasn't as good as it should be?

If you think about how you felt before the exercise, and how you feel now, how is that different?

Reminders:

Energy needs to flow in, through, and out. When it does, we call that the Even Flow – and it feels good!



3. Practice The Basic Crystal Energy Flow

Let's do it again, with the other hand this time.

Reminders:

Keep breathing!

Allow your body to move with the energy flow!

Questions:

Did you enjoy this?

How was that different this time?

Can you feel how the overall energy of the room is now also very different from when we first started?



4. Crystal Learning Exercise

Take three different crystals and put one at a time in front of you.

Pay attention to the crystal.

Where do you feel this crystal's energy in your body? Show with your hands.

Let the energy of the crystal flow in, follow the path the energy takes by paying attention to your feelings. Any blockages, stroke them with your healing hands and your intention. Find the exit point and let the energy from the crystal flow in, through and out.

Repeat with the other two crystals.

Discuss: How was that different for each one? What have you learned about the different crystals and their energies? How can we use this in the future?

-- Short Mid-Session Break ---

Serve some water and fruit juice; some fruit and/or natural biscuits are also a good idea.

Energy work makes hungry and thirsty!



Part 2: EmoTrance Energy Healing With Crystals

5. Introduction To EmoTrance Energy Healing

Now let us do some real crystal healing for the energy body.

All emotions come from the energy body, and that is where they need to be healed.

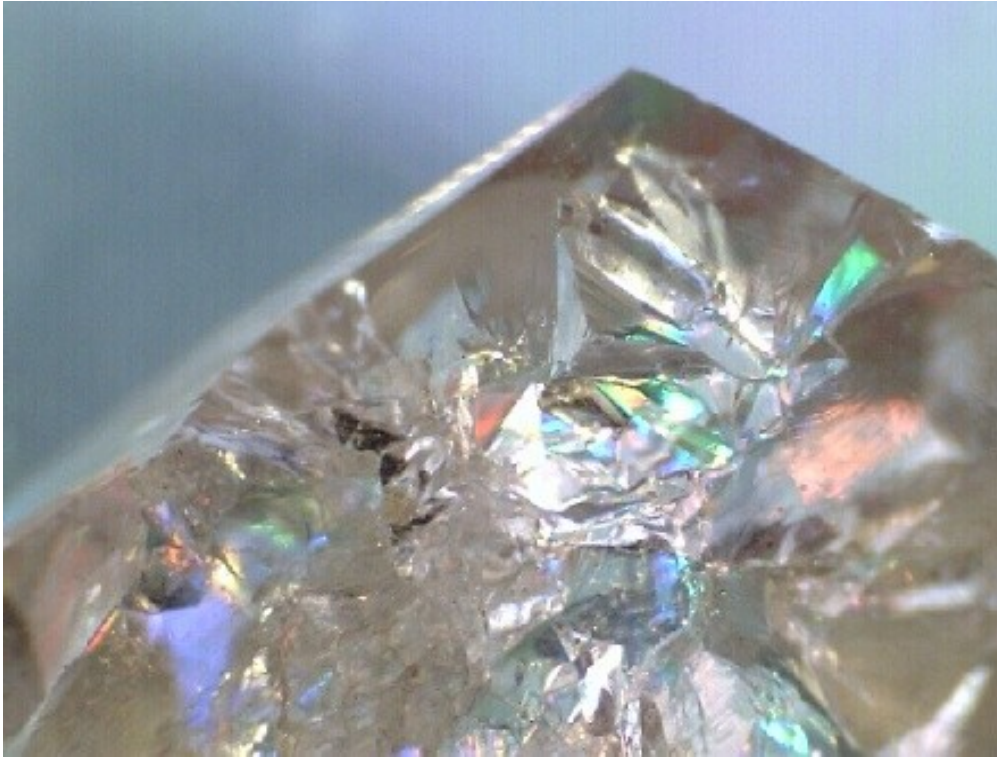
So you if you have a sadness, or an anger from the past, or something that you would like to heal today, where do you feel this in your body?

Show me with your hands.

That is the place in your energy body where the injury is located; and that's what needs to be healed today.

You can heal it with healing hands and your intention, but today we are going to use a crystal to help us by giving us its special pure healing energy.

Here is a demonstration.



6. EmoTrance Crystal Healing Demonstration

Let one person come forward, let them choose a crystal, and ask them about something they would like to have the crystal heal today. Where do you feel that in your body? Show me with your hands reveals the area.

Bring the crystal to the area. Move it slowly in a circular movement. Remind the person this is only an energy, and energy needs to flow. Where do you feel this energy needs to go? Assist with the crystal by following the path that's becoming revealed.

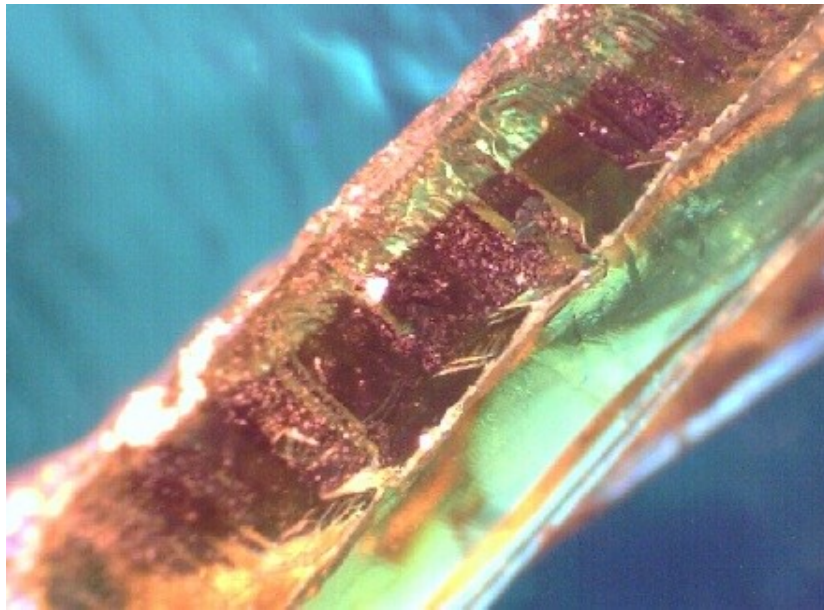
Remind them to breathe throughout the exercise, to move freely with the energy flow and help them with your intention, positive encouragement and heartfelt praise. When the energy flows all the way in, through and out, your person will be feeling completely different, happy, and energized.

7. Pairs Crystal Healing Exercise

One person becomes you, and the other the one who is receiving the crystal healing.

Switch over when the first person is done.

Take a moment to discuss what happened and what was learned and experienced.



8. Crystal Heart Healing

This was a short introduction into EmoTrance and Crystal Healing.

If you would like to know more ... (tell them about your products and services, and where and how they can find out more).

Now we'll end this workshop with the Crystal Heart Healing exercise.

Choose a crystal.

Hold it in both hands.

Bring your hands to your heart and let the energy from the crystal stream into your heart of energy, and from there, radiate out throughout your whole energy system and beyond.

Take as much nourishment from the crystal as you need; and don't be shy, the crystal energy is abundant and never ending.

Breathe deeply.

Let the energy flow powerfully through you, in, through and out and hold on to nothing, it is the flow that brings life, and love of life into all of you, your energy body, your mind and your physical body.

And that makes the soul smile too – of course!

----- **Take a bow and end the workshop!** -----



In Conclusion

To have really wonderful experiences with both crystals and with EmoTrance, you don't need to be an experienced metaphysician at all - there is a lot of joy in simply playing with crystals and paying attention how their energies make us feel, and how we can feel their energies in our bodies.

With the easy exercises outlines here, everyone who wants to (and who has a few crystals handy!) can start to have real experiences with crystal healing. At the very least, you are going to change your emotions and feel intrigued, uplifted, excited and happy when you're done, and in my opinion, that is worth as least as much as some serious healing session with the furrowed brow of furious concentration.

I would also encourage you to pick a date, call a few friends together, tell them to bring their favourite crystals along and have a go at the short workshop exercises.

You are going to have a wonderful time with beautiful things, with learning new things about energy, in good company and to have good feelings as well, so what are you waiting for?

- **Enjoy this crystal workshop and share it with as many people as you can.**

Crystals are wonderful gifts from the Great Creative order and to have personal, emotional experiences with them brings a whole new dimension and source of energy and joy into people's lives - and it is so easy.

I'd like to finish with a short evocation which you are very welcome to use to start or end your own crystal healing with EmoTrance workshops, get togethers and parties, and wish you all the best.

Dr Silvia Hartmann

Author, EmoTrance: Emotions, Energy & Love

For more information, please visit www.EmoTrance.com



The Crystal Kingdom

Long before the time of the life of green,
there was a different kind of life,
crystalline life,
life forms that are old, and perfect,
forms that are close to the heart of the Universe,
forms that underlie everything
and give shape and form to all our lands,
a basis for all of life
upon which it may grow.

Pure energy, pure strength,
available to us right here and now,
to draw upon the crystal kingdom,
to drink their energies into ourselves,
to help and heal our oldest wounds,
without judgement, without fail,
and bringing with them beauty,
and delight, and all we have to do
is open up our hearts and minds,
and let these fine and wondrous energies
come to us, help us, make us whole.

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Dr Silvia Hartmann
Author, "EmoTrance"
For further information, please visit
www.EmoTrance.com