

Winter Jasmine Reiki's

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Clear Quartz Reiki

Part 3 of

The Quartz Crystal Reiki Trilogy

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Clear Quartz Reiki channelled by Joanna Gawn November 2010

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## ~ Background ~

The following information on the Clear Quartz crystal has been extracted from my blog article published on 18 November 2010. You can also read the full-length article [here](#).

Clear quartz does not need cleansing, and can be used to keep other crystals clear and energised. It is also helpful to keep clear quartz near your computer, as it absorbs the EMFs and any other negative energies that may be in your environment.

In terms of connection with the chakras, clear quartz is suitable for use on ALL chakras, but is particularly effective on the crown chakra, providing support for meditation practice, and bringing clarity of mind. It can be used for any healing purpose, which is one of the reasons for its popularity.

Other uses for clear quartz

- amplifies the effects of other crystals
- restoring balance
- bringing purity
- gaining clarity

Clear Quartz Reiki contains the healing frequencies of the clear quartz crystal, with love and light, and will flow in whatever way(s) is/are appropriate for the recipient's highest good.

There are no prerequisites for this system. Familiarity with Reiki is recommended, however I also include some basic guidance on “how to do Reiki” for those who are new to energy work.

No certificates are provided as Clear Quartz Reiki is received as a self-attunement.

## ~ Disclaimer ~

Clear Quartz Reiki is not intended as a replacement for medical care or attention. Please do not pause or stop prescribed medication without your caregiver's consent.

All energy work is deemed to be complementary to medical care.

Use of this energy is fully your own responsibility.

### ~ Instructions for Use ~

This energy can be used in the same way as you use any other Reiki energy – on yourself, on your family, friends and clients, on your pets, and plants, on food and water, and anything else you use Reiki on!

It can be used hands-on, in the aura, distantly or by focused intention.

Use Clear Quartz Reiki as often as is needed - it will only ever provide you with what is best for you each time you activate it. Follow your inner guidance in this!

**To use on yourself or on others in-person**, use phrasing similar to this:

“Clear Quartz Reiki On”

Perform the Reiki treatment as you usually do.

**To use distantly for others**, use phrasing similar to this:

“I now send Clear Quartz Reiki to [name of recipient]”

Send the Reiki treatment/energy as you usually do.

The exact wording is not important, as long as your phrase clearly illustrates your intent.

### **Brief guidance on “how to do Reiki” for those new to energy work**

I am a big fan of Ole Gabrielsen's work as he “keeps it simple.” With credit to him for the easy instructions provided in his own manuals, I offer the following guidance for using Reiki:

**On yourself:** place your hands on or above your body (where you can reach, or where it hurts, or where it feels “right”). Activate the Reiki as described above, and allow the energy to flow. It will go where needed. No effort is needed, although you'll generally obtain better results if you are in a quiet state. You may like to say “Reiki Off” when finished. Again, it's your intent that is key!

**On others:** place your hands on or above the person's or animal's body (be mindful of privacy issues) and proceed as above.

**Sending distantly:** place your palms together and visualise the person or pet enclosed within your hands, then proceed as above.

## ~ The Attunement ~

### **To receive:**

Please sit or lay quietly, in a comfortable position, where you will not be disturbed for at least 20 minutes. The attunement will last for 20 – 40 minutes.

### **Self-Attunement:**

"I ask that I now receive the Clear Quartz Reiki attunement that Winter Jasmine Reiki has placed in the etheric realms. I ask that this attunement is perfect for me in every way. Thank you."

### **Aftercare:**

Please allow yourself to return to your day gently after your attunement, and rest or drink water if you need to.

**~ A Note about Universal Energy ~**

We ALL have access to universal energy, at all times, and in all places.

You can call on it at any time.

The Clear Quartz Reiki system is not designed to replace your own unique, personal relationship with Universal Energy/Source.

It is designed with very specific intentions: to allow you to use the healing frequencies of the clear quartz crystal, with love and light, in whatever way(s) is/are appropriate for the recipient's highest good.

**~ A Note regarding similar energy systems ~**

Clear Quartz Reiki is neither linked with, in competition with, or a replacement for any similar systems.

All energies should complement others.

All energy systems have their own unique vibration, according to the exact intentions laid out prior to and/or during the channelling of the energy, and also through the unique energy system of each individual channeller.

Clear Quartz Reiki has not been influenced by any other systems that have been made available. I have deliberately not researched other similar systems so that the intentions for Clear Quartz Reiki remained purely a result of my own guidance.

## ~ Pricing ~

It is likely that the argument about charging for energy work will continue forever; however, as energy work is now my full-time vocation, I have chosen to offer some healing sessions and attunements for free, and others at a very modest charge, to cover the use of my time.

This particular Attunement is being made available free of charge, in accordance with the clear guidance that I received. If anyone feels guided to make a donation, that is fine, and all donations will be accepted with gratitude. :-)

In offering this energy system to others, I ask that you too offer it freely, although donations may be accepted where offered. You **MAY NOT** charge a fee for this system. The Quartz Crystal Reiki systems were given to be shared with as many people as possible, regardless of their financial situation. This is one of the reasons why I designed this Trilogy as a series of self-attunements. Please make the manuals available to others if you are able to do so.

Please do not alter this manual in any way, or copy it without my written consent. If promoting this system, please describe it (as far as possible) using your own words. Please respect and follow copyright law.

If you would like to translate this manual, please ask me first.

I can be contacted at [winterjasmine888@gmail.com](mailto:winterjasmine888@gmail.com)

Intending the very best at all times,

*Joanna*

Winter Jasmine Reiki