Crystalline Grid Stone Placements and Activation Instructions
Standard Seed of Life Grid

Stone Placement Template Key:

**Solid Circle (Center):** As the “center” or “anchor” stone, this is the most important position in the grid. Its size, shape, and potency matter.

**Triangle and Star:** These points make up the inner hexagonal layer. Smaller stones do well here.

**Square and Open Circle:** These positions make up the middle hexagonal layer. Smaller stones fit better in the open circle, while larger ones fit on the squares, similar to those used in the large outer solid circles.

**Small Solid Circle:** The “super sneaky”. An optional placement for small or very small stones.

**Solid Circle (Outer Edge):** These solid circles complete the outer hexagonal layer with the squares and mark the end points of the largest hexagram (“Star of David”) hidden within the Seed of Life. A seven stone grid, with one in the center and six arranged as a hexagram, is one of the most basic and popular grid shapes. Therefore like the center, their size, shape, and potency matter.

**Flanking Positions:** Stones may also be placed between these main positions, like around the central rosette.

**Activation Instructions:** Activating a grid can be as easy as doodling a daisy. Imagine that the grid template is a clock face. You will be tracing a line of line between and through the stones to connect them all together. You can use the mantra “Up, Back, Over” while tracing the pattern.

Begin at the 6 o’clock position. Go UP to the center stone, then BACK to 6, then OVER to 7. Visualize a line of light connecting the stones together each time. From 7, go UP to the center, BACK to 7, then OVER to 8. From 8, go UP to the center, BACK to 8, then OVER to 9. From 9, go UP to the center, BACK to 9, then OVER to 10. From 10, go UP to the center, BACK to 10, then OVER to 11. From 11, go UP to the center, BACK to 11, then OVER to 12. From 12, go UP to the center, BACK to 12, then OVER to 1. From 1, go UP to the center, BACK to 1, then OVER to 2. From 2, go UP to the center, BACK to 2, then OVER to 3. From 3, go UP to the center, BACK to 3, then OVER to 4. From 4, go UP to the center, back to 4, then OVER to 5. From 5, go UP to the center, then BACK to 5, then OVER to 6. Go around the template at least three times or until it feels “on” to you. When you are finished say, “You are activated.” Your intention is a cooperative element.