



Distance Healing Crystal Stone Grid

Center: Ocean Jasper

Inner Petal: Moroccomers

Star: Shungite

Triangle: Quantum Quattro Silica

Open Circle: Presili Bluestone

Dot: Rutilated Quartz

Square: Rose Quartz

Outside Circle: Selenite w/ Amethyst Scepters

Outside Flanking: Ruby

I tend to associate distance or remote healing work with extremely intensive prayer for those who are far away. There are many different traditions in which distance/remote healing is regularly used, mainly in Reiki. Reiki training has done so much for propogating even the concept that you can send helpful energy to those who may need it, for whom you cannot work on in person.

This grid is set up to assist you in connecting to distant subjects and to enhance your ability to send supportive energies to those folks. It is also set up to create both an active and passive way to send your support. You can activate it while sending distance healing in real time and then leave the names or photos at or under the center stone to continue sending those energies even after you have completed your part.

I would recommend setting this grid up on your altar or in an undisturbed healing space that you can integrate into your current practices. Please smudge or cleanse your stones regularly since they will be doing fairly hard duty as far as rock duty goes. Perhaps once a week or at least once a month for a continually running grid.

© 2016 Christopher Lee Matthews and Stacie Collier of etemetaphysical.com. © 2016 Photos by Christopher Lee Matthews.