

by Teri A. Moore  
Reiki Master Teacher

# The ReikiOne Crystal Grid Guidebook

How to use Crystal Grids with Reiki

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*The ReikiOne Crystal Grid Guidebook*  
*Teri A. Moore, RMT, Author*  
*ReikiOne Press Edition*

*Please note: Reiki is not to be considered a substitute for medical treatment.*

Dedicated to all of you, who continue to inspire me along the Reiki path.

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The foundation of ReikiOne is the acceptance of all expressions of Reiki energy. The energy flows from the same source, the universe, no matter what we might choose to call it; hence, the motto, "one world, one universe, one source."

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# Notes

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Rose Quartz



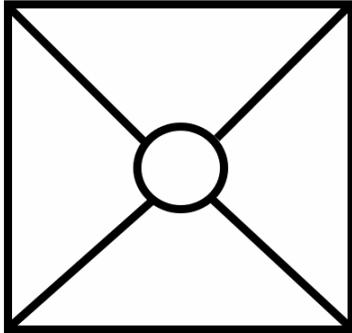
Clear Quartz



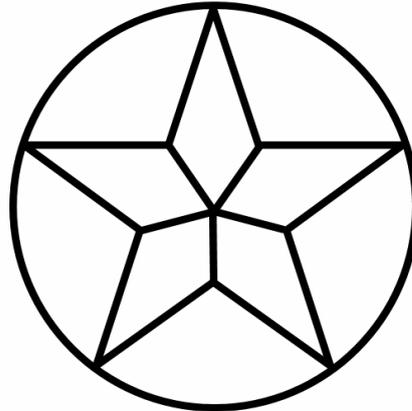
Citrine



## Grid Examples

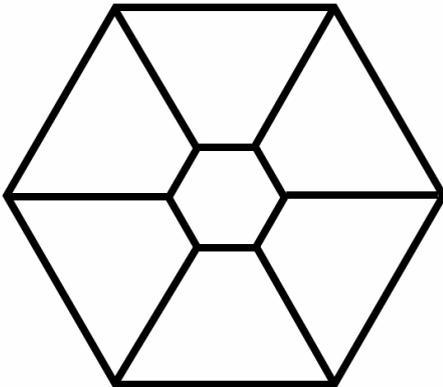


**4 sided or Pyramid Grid**

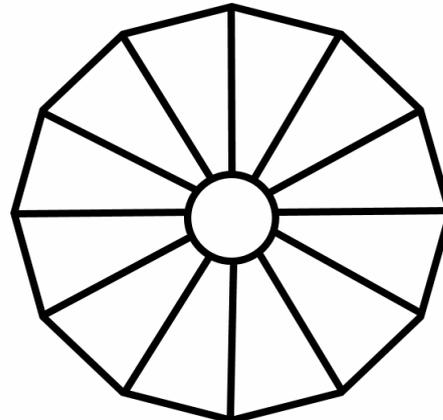


**5 sided or Pentacle Grid**

The pentacle represents the spirit (top point) and 4 elements: earth, air, water, & fire



**6 sided Grid**



**12 sided or Zodiac Grid:** This grid can be set up with each section corresponding to the gemstones of the zodiac, or to represent the houses associated with your birth.

If *you* made a personal Reiki Grid from scratch, what would it look like?



*Stonehenge is an example of a large outdoor grid. Grids can be formed in your yard, garden, or areas of your home where you feel extra energy or healing is needed. If you follow Feng Shui, place grids according to the bagua.*

# Resources

## **A Few Suggested Crystal Reference Books**

Reiki and Gemstones by Ursula Klinger-Omenka

The Women's Book of Healing by Diane Stein

Crystal Enlightenment: The Transforming Properties of Crystals and Healing Stones by Katrina Raphael

Crystal Healing by Katrina Raphael

Love Is in the Earth: A Kaleidoscope of Crystals by Melody

The Complete Crystal Guidebook by Uma Silbey

Cunningham's Encyclopedia of Crystal, Gem, and Metal Magic by Scott Cunningham

The Curious Lore of Precious Stones by George Frederick Kunz

There are also several websites which discuss crystal grids and their use. Simply do a search for 'crystal grid' or 'Reiki grid' at your favorite search engine.

## **Crystals and Gemstones on the Internet**

*Note: a listing here does not constitute a recommendation. This information is supplied for reference only. Obviously this is just a sampling of websites available. I recommend finding a resource near where you live, if possible, where you can select the stones yourself.*

Avalon Crystals - <http://www.neatstuff.net/avalon/>

Best Crystals - <http://www.bestcrystals.com/index.html>

Crystal Cavern - <http://www.crystalcavern.com/>

John Betts - <http://www.johnbetts-fineminerals.com/>

Mineral Miners - <http://www.mineralminers.com/>

Thai Gem - [http://www.thaigem.com/crystal\\_healing.asp](http://www.thaigem.com/crystal_healing.asp)

eBay is also a good resource for crystals - <http://www.ebay.com>



## About the Author



As a Reiki Master Teacher, Teri has been involved in the healing and intuitive arts for over twenty-five years. She is an accomplished writer, artist, and webmaster of the popular Reiki site, ReikiOne.com. Through the publishing venture she founded, ReikiOne Press, Teri publishes *Beginnings: The ReikiOne First Degree Manual*, *The Deeper Journey: ReikiOne Second Degree Manual*, and several fiction works. She offers a free newsletter on energy healing through her website, <http://www.reikione.com>.

Teri incorporates several healing modalities into her Reiki sessions, including Chakra Balancing and Body Scanning. With a degree in architecture, Teri maintains a commercial interior design business in Indianapolis. She is also a certified Hatha Yoga Instructor, bringing the concept of working with our body's energy system into her classes, and a certified Feng Shui Practitioner in the Black Sect Tantric Buddhist form.

You can contact Teri at [teri@reikione.com](mailto:teri@reikione.com).

To subscribe to or order any ReikiOne Press Publication, including Teri's free newsletter, please visit <http://www.reikione.com>.

## **ReikiOne Press Publications**

*All books are available in both print and e-book formats. View samples online at <http://www.reikione.com/>!*

### **Beginnings: The ReikiOne First Degree Manual** by Teri A. Moore, Reiki Master Teacher

This manual covers the basics of Reiki training and practice, including history, principles, hand positions, and treatment guidelines. Also included is a brief introduction to the chakras and using crystals with Reiki.

**Product ID: 0-9678963-0-4**

### **The Deeper Journey: ReikiOne Second Degree Manual** by Teri A. Moore, Reiki Master Teacher

The ReikiOne Second Degree Manual includes the three symbols traditionally associated with this degree, explanations and their use, methods of distance healing, sending Reiki through time and space, combining symbols for greater effect, the chakra system, the human aura, and a suggested reading list.

**Product ID: 0-9678963-7-1**

### **Mastership: ReikiOne Third Degree Manual Part A** by Teri A. Moore, Reiki Master Teacher

This book contains the 4th symbol, its use for Reiki treatments and a discussion of what it means to be a Reiki Master. The Master Teacher Manual (Third Degree Part B) listed below elaborates on the Mastership manual and goes further with explanations of the teaching of Reiki. Please note: Mastership was designed for those teachers (or students) who break their Third Degree training into two parts - that of Master and then Master Teacher. This is a traditional division point in the teaching of Reiki as not everyone who is Reiki Master desires to be Reiki Master Teacher. *IF YOU WILL BE TEACHING/LEARNING REIKI ONLY FROM THE PLACE OF MASTER TEACHER, THEN PLEASE REFER TO THE THIRD DEGREE PART B BOOK BELOW.*

**Product ID: 0-9678963-8-X**

### **Master Teacher: ReikiOne Third Degree Manual Part B** by Teri A. Moore, Reiki Master Teacher

The Master Teacher Manual contains all the information your students need to become a teacher - the Part A information on the 4th symbol (plus additional data on this symbol) & 5th symbol, attunement instructions (individual and group), methods and ethics of teaching, getting in touch with your inner teacher, marketing ideas, an extensive reading list, and much more.

**Product ID: 0-9678963-9-8**

### **The Reiki Teacher's Handbook** by Teri A. Moore, Reiki Master Teacher

A composite of all the ReikiOne Manuals, The Reiki Teacher's Handbook takes your teaching a step further. This book provides you with all the tools you need to teach Reiki with space throughout for notes, journaling, etc. Written from the experienced perspective of a Master Teacher of the Usui Shiki Ryoho method, you will find this book easily adapts to other forms of Reiki and can grow with you as you progress on your teaching path.

**Product ID: 0-9678963-6-3**

### **ReikiOne Reiki Manual Set** - Get all 5 manuals at a discount!

**Product ID: SET**

