

THE OFFICIAL  
**LaStone** Therapy  
MANUAL

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PIATKUS

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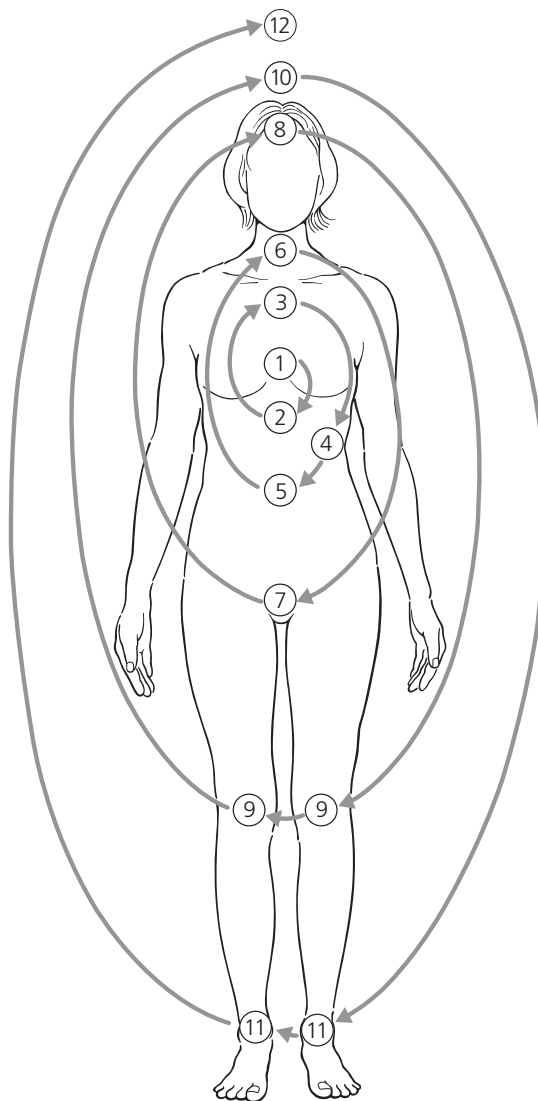
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## Opening Spirals

In the Greek alphabet, alpha represents the beginning and omega the end.



### Opening Spiral Pattern (clockwise)

- |                  |              |                                 |
|------------------|--------------|---------------------------------|
| 1. Heart – alpha | 5. Sacral    | 9. Knees                        |
| 2. Solar plexus  | 6. Throat    | 10. Crown                       |
| 3. Higher heart  | 7. Root      | 11. Feet                        |
| 4. Spleen        | 8. Third eye | 12. Transpersonal point – omega |

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body intended it to move naturally. Try using a stone over the chakra, moving it in the direction that flows with the junction the body is taking in that particular area. Then gently place the stone on the body over the chakra with the rhythm of the breath of life.

### *Energy Connection supine position*

While performing the Energy Connection, synchronize your breaths with that of the client and move one hand at a time per each breath – making sure your arms are never crossed, which would block *your own Hara energy*. This energy connection is all about balance; it is vital that you hold two chakras, breathe and allow balance to take place before moving your hand to the next holding position. Please review the Energy Connection stroke sheet carefully and understand it completely; this is high level energy work and will take you and your client to new levels of sensitivity.

Please note that the steps below are expanded beyond the Energy Connection drawings, which are to provide a visual reference of the different holding positions. In the supine position you are standing on the client's right side at all times.

1. Stand on the client's right side.
2. Hold the client's right ankle and right knee and breathe.
3. As the client inhales, move your hand from the knee to the hip near you and breathe.
4. As the client inhales, move your hand from the ankle to the knee near you and breathe.
5. As the client inhales, move your hand from the knee to the client's left ankle and breathe.
6. As the client inhales, move your hand from the hip to the client's left knee and breathe.
7. As the client inhales, move your hand from the knee to the hip on this same leg and breathe.
8. As the client inhales, move your hand from the ankle to the knee on this same leg and breathe.

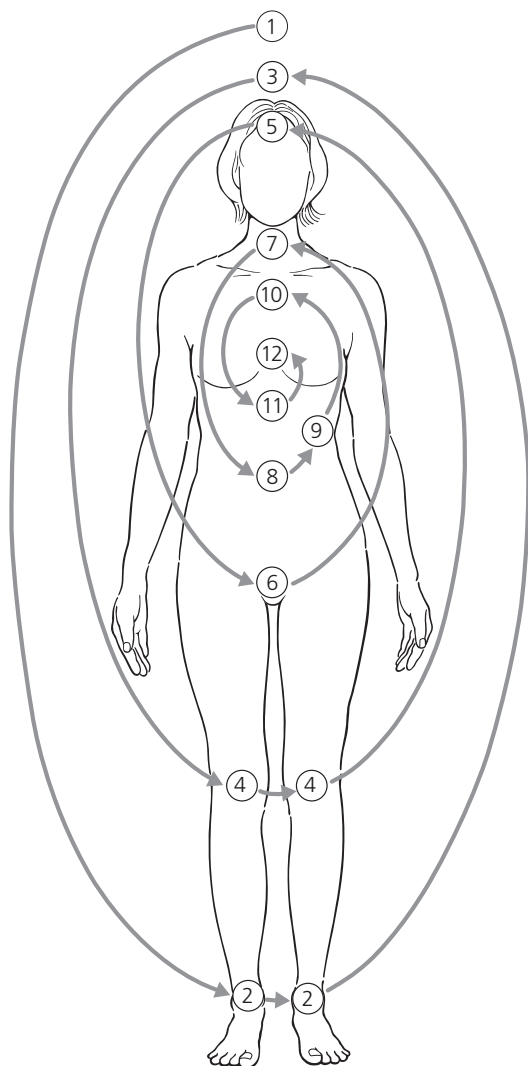
9. As the client inhales, move your hand from the hip to the hip near you and breathe.
10. As the client inhales, move your hand from knee up to the hip you were just at and breathe.
11. As the client inhales, move your left hand to sacral chakra and breathe.
12. As the client inhales, use your right hand and begin to place the chakra stones on the body in the following order with the rhythm of the client's breath.
13. With your right hand, place a stone in the crevice of the client's left leg and breathe.
14. With your right hand, place a stone in the crevice of the client's right leg and breathe.
15. With your right hand, place the grandfather stone (largest stone) on sacral chakra and breathe.
16. Move your left hand up to spleen chakra as the client inhales and breathe.
17. Pick up a stone with your right hand; place it under your left hand as you roll your hand open to receive this stone, and breathe.
18. Move your left hand up to solar plexus chakra as the client inhales and breathe.
19. Pick up a stone with your right hand; place it under your left hand as you roll your hand open to receive this stone, and breathe.
20. Move your left hand up to heart chakra as the client inhales and breathe.
21. Pick up a stone with your right hand; place it under your left hand as you roll your hand open to receive this stone, and breathe.
22. Move your left hand up to higher heart chakra as the client inhales and breathe.
23. Pick up a stone with your right hand; place it under your left hand as you roll your hand open to receive this stone, and breathe.
24. Hold your left hand over the higher heart chakra stone and move your right hand to the client's right wrist and breathe.

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25. Move your left hand to the client's right elbow and breathe.
26. Move your left hand to the client's right shoulder and breathe.
27. Move your right hand to the client's right elbow and breathe.
28. Move your right hand to the client's left wrist and breathe.
29. Move your left hand to the client's left elbow and breathe.
30. Move your left hand to the client's left shoulder and breathe.
31. Move your right hand to the client's left elbow and breathe.
32. Move your left hand to the client's right shoulder and breathe.
33. Move your right hand to the client's left shoulder and breathe.
34. Move your left thumb to client's third eye chakra and breathe.
35. Move your right hand to the client's throat chakra and breathe.
36. With your right hand pick up a third eye stone; place it on third eye chakra and breathe.
37. Move your left hand up to crown chakra as the client inhales and breathe.
38. Move your right hand up to third eye and breathe.
39. Move your left hand beyond the crown to transpersonal point and breathe.
40. Move your right hand to crown chakra and breathe.
41. Move completely into transpersonal point with both hands and breathe.
42. Pause for a bit and allow time to stand still as you breathe in, knowing that by completing this technique you have offered balance and clarity through the stones to your client and yourself.

A brief on the closing spiral pattern, from Mary Nelson:

Once you've completed your work as you were guided to do for this session, finish with the closing spiral pattern.



### Closing Spiral Pattern (anticlockwise)

- |                        |              |                  |
|------------------------|--------------|------------------|
| 1. Transpersonal point | 5. Third eye | 9. Spleen        |
| 2. Feet                | 6. Root      | 10. Higher heart |
| 3. Crown               | 7. Throat    | 11. Solar plexus |
| 4. Knees               | 8. Sacral    | 12. Heart        |

If left open the client may feel a bit shaky and not quite in their body. The closing brings the auric field back to a normal range of awareness. The closing spiral pattern also seals all that you have just completed so far on the front side/present moment of your client's body, bringing your client back to the present moment with a feeling of renewal, joy and internal peace that will follow them the rest of the day.

The closing spiral pattern is only performed on the front of the client's body. It is always done in an anticlockwise motion over the client's body, starting at the transpersonal point and ending at the heart centre. As you move in an anticlockwise motion, bow or arch your arm as if you were drawing a half-moon shape over the client's body from chakra to chakra (*see page 81*). This is a sealing technique. It quickly locks in all the work you have just completed in the treatment so far. You do not wait for a breath. Moving anticlockwise, infuse love, peace, balance and a sense of wholeness at each chakra, and seal this time reality in your client's heart centre.

After the client has turned over – or if you are working on the prone side only – the energy connection is the starting point.

### ***Energy Connection prone position***

While performing the Energy Connection, move one hand at a time per each breath the client takes into their body – making sure your arms are never crossed, blocking *your own Hara energy*.

In the prone position you are standing on the client's left side at all times. Please note that the client's back is fully covered with a towel (not as it appears in the drawings).

1. Stand on the client's left side.
2. Hold client's left ankle and left knee and breathe.
3. As the client inhales, move your hand from the knee to the hip near you and breathe.
4. As the client inhales, move your hand from the ankle to the knee near you and breathe.
5. As the client inhales, move your hand from the knee to the clients' right ankle and breathe.

6. As the client inhales, move your hand from the hip to the client's right knee and breathe.
7. As the client inhales, move your hand from the knee to the hip on this same leg and breathe.
8. As the client inhales, move your hand from the ankle to the knee on this same leg and breathe.
9. As the client inhales, move your hand from the hip to the hip near you and breathe.
10. As the client inhales, move your hand from knee up to the hip you were just at and breathe.
11. As the client inhales, move your left hand to sacrum chakra and breathe.
12. As the client inhales, move your right hand and begin to place the chakra stones on the body in the following order with the rhythm of the client's breath and breathe.
13. With your right hand: place the grandfather stone (largest stone) on sacrum chakra and breathe.
14. Move your left hand up to spleen chakra as the client inhales and breathe.
15. Pick up a stone with your right hand; place it under your left hand as you roll your hand open to receive this stone, and breathe.
16. Move your left hand up to solar plexus chakra as the client inhales and breathe.
17. Pick up a stone with your right hand; place it under your left hand as you roll your hand open to receive this stone, and breathe.
18. Move your left hand up to heart chakra as the client inhales and breathe.
19. Pick up a stone with your right hand; place it under your left hand as you roll your hand open to receive this stone, and breathe.
20. Move your left hand up to higher heart chakra as the client inhales and breathe.
21. Pick up a stone with your right hand; place it under your left hand as you roll your hand open to receive this stone, and breathe.

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22. Drape the towel over the higher heart stone to help hold it in place.
23. Hold your left hand over the higher heart chakra stone and move your right hand to the client's left wrist and breathe.
24. Move your left hand to the client's left elbow and breathe.
25. Move your left hand to the client's left shoulder and breathe.
26. Move your right hand to the client's left elbow and breathe.
27. Move your right hand to the client's right wrist and breathe.
28. Move your left hand to the client's right elbow and breathe.
29. Move your left hand to the client's right shoulder and breathe.
30. Move your right hand to the client's right elbow and breathe.
31. Move your left hand to the client's left shoulder and breathe.
32. Move your right hand to the client's right shoulder and breathe.
33. Move your left thumb to client's third eye (back of head) and breathe.
34. Move your right hand to the client's throat and breathe.
35. Place the sock with stones in it behind the client's throat and breathe.
36. Move your left hand up to crown chakra as the client inhales and breathe.
37. Move your right hand up to third eye (back of head) and breathe.
38. Move your left hand beyond the crown to transpersonal point and breathe.
39. Move your right hand to crown chakra and breathe.
40. Move completely into transpersonal point with both hands and breathe.
41. Pause for a bit and allow time to stand still as you breathe in, knowing that by completing this technique you have offered balance and clarity through the stones to your client and yourself.

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