

# KISS GUIDE TO STONE LAYOUTS

(KEEP IT SIMPLE SPIRIT)

*by Diane Bloom*



**KISS Guide**  
**to**  
**Stone Layouts**  
(Keep It Simple Spirit)

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The information in this book is not a replacement for medical assistance.  
If you have a condition that needs attention, please see a physician.

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## Introduction

I have been working with stones since 1991 when I was fortunate enough to experience the power of their healing qualities. I had injured my arm in a softball game in July of 1990 and, after a year exhausting all avenues of allopathic medicine without success, I was pointed to a woman who worked with crystals and stones. Never having had any experience with alternative healing methods, I was leery about going to someone who didn't practice "medicine". All I had ever known was medical doctors, pills and injections and my belief system revolved around their knowledge and expertise. But I became disillusioned with the lack of understanding that they had about the correlation between the body, mind and spirit in the realm of healing. Because they could find nothing medically wrong with my arm, there were no other alternatives for me in that system other than to continue to receive cortisone shots in my shoulder (I'd already had two which did not have any affect). This drove me to finding my own solution to healing my arm and, as a result, a new life style, a new set of beliefs, a deeper understanding about my own self, a renewed faith and an amazing calling to work with stones and energy for healing. I am VERY grateful for my "Cosmic Wake-Up Call" of 1990.

I, with the help of my heavenly connections, have been creating stone layouts since 1994 and sharing them with clients, students and customers with a great deal of success. Those of us who have used these layouts have found that they assist us into going to the inner workings of our psyches, uncovering buried feelings, traumas and fears that have prevented us from healing on the deepest levels. While pills, injections and operations take away the symptoms and sometimes "cure" the disease, true healing occurs when we bring to light the core of the distress. Now, I would never tell you not to get medical help when you need it. On the contrary, I believe that allopathic medicine and energy medicine can co-exist quite nicely. If I have appendicitis, if I break my ankle, if I have cancer, I will surely get myself to a doctor for treatment. But I will also use all the alternative resources I can in order to ensure my full and complete recovery. I, personally, want to know the source of my dis-ease so that I can learn from it, grow from it and have less of a chance for it to return. These layouts assist in the opening of ourselves in order to ourselves to bring forth the truth of our inner lives and, in so doing, help us to make different and better choices for our spiritual, mental, emotional and physical health.

## **What Makes This a KISS Guide?**

My intent with the KISS Guide series of books is to Keep It Simple Spirit. I believe that using stones and crystals and doing energy healing work should be as practical and uncomplicated as possible. For these reasons, the layouts that I have devised use, for the most part, a common template and easy to find stones. All the stones used in these layouts can be found at my store, Free Spirit Crystals, or readily available at rock stores or the internet. I've also tried to keep them as inexpensive as possible so that more people will be able to use them. One thing that I've learned doing this work is that you don't have to buy really expensive stones in order for this to be effective.

My goal for the KISS Guide method is for as many people to learn and apply this work into daily life as possible. If we are going to shift the consciousness of healing on this planet, if we wish to make change in the collective thinking, then we need to begin to do things differently. If this work becomes readily available and acceptable to the masses, then we have a much better opportunity to alter the landscape of healing on a global level.



## **The Purpose of This Book**

When I first began my journey into crystal and stone healing, I was “told” that one of my “jobs” was to teach others how to use them. Even though I had had the experience of healing my arm, I really did not know how to use stones and crystals for healing. I attended as many workshops and classes as I could find but few of them really gave me the practical knowledge that I was looking for. It occurred to me that I needed to take a different approach if I were to teach this to others. My thoughts were that, if this work was supposed to become more mainstream, it would have to become more practical. To me there needed to be a way to incorporate this into daily practice using standard methodology. Over the years I’ve had countless experiences using the stones and crystals with successful results so I developed classes teaching others functional and uncomplicated techniques to assist them in their own healing processes.

This book is designed as an uncomplicated guide to doing layouts. Most of the layouts have the same template for laying on the stones but each one is unique in its array of stones and crystals. I encourage you to “test drive” them, to experiment with them and change them as you feel necessary, come up with your own and share them with others. My one rule for doing this work is that there are no rules. I offer guidelines and KISS Guide information with which you may experiment and then develop your own approaches as you see fit. I hope you enjoy using these layouts. I look forward to hearing from you about your experiences using them and sharing your results.

## **How Layouts Work**

Everything in the Universe is energy – everything vibrates. Although you can't see the vibration, all things are moving constantly. There is an electromagnetic field surrounding each of us and around all things which are seemingly inanimate.

Every stone is unique depending upon its hardness (see the Moh's scale), color and where it was formed in and on the earth or, in some instances, from space. When we are in proximity of stones and crystals, their vibration can affect our own energy systems, bringing our consciousness into alignment with the Universal Consciousness. Holding crystals and stones in the hands and placing them directly on the soles of the feet transfer their vibration throughout the nervous system as all the nerve endings in the body are in the palms of the hands and on the bottoms of the feet.

Because we are multi-level energy beings, the stones work on each level of our auric field giving us the opportunity to heal physically, emotionally, mentally and spiritually. It is said that true healing occurs when we have touched into the core of our feelings, allowing ourselves to experience the root of dis-ease. The stones aid our process in reaching those depths and accessing those places which before had been hidden.

By doing crystal and stone layouts, we allow ourselves the opening to all possibilities of living and healing. Stepping away from the conventional and enabling ourselves to access and experience new methodologies empowers us to take control of our own healing experience. Remember that healing does not simply mean taking away physical symptoms – it requires delving into our psyche and spirit in order to become whole.

The stones will assist in bringing up emotional blocks which impede the body's ability to heal physically. Releasing the wounding of the past is imperative in moving towards true healing. Allowing yourself to sense into your discomfort and stay with the feelings will give you the ultimate healing opportunity. This form of treatment, known as "healing from the inside out", shifts us from giving our power to others to taking full responsibility for our own well being.

We did some experimenting with Kirlian photography to see what the effect would be before and after doing a stone layout. The results were striking for everyone who experienced the exercise. Before laying on the stones, the auras were mainly scattered and varied in color. After using the stones, the aura colors were stable and mostly purple, white and blue indicating a higher spiritual vibration. It helped me to understand the dramatic response that our auric fields experience when using stones.

The layouts here have been used in my classes for 15 years with great success. It is with the awakening and awareness of our consciousness that we heal our past and move forward to realize and live our full potential. I am certain that I would not have the fulfilled, amazing life I have today without the influence of stone and crystal healing.

I suggest that when you do these layouts for yourself or others, you do them for 20 minutes to start with. It is also helpful to repeat the layouts as you will then have more opportunity to peel away the layers to a greater understanding of your journey. When you've finished the layout, take some time to journal your experiences, your thoughts and your feelings. I've found that keeping a record allows you to access more of the hidden memories of the past and helps you to track your healing progress. Using your journal as a reference proves to be invaluable the more you do this work.