



Crystals





Cleansing Crystals

Before using your crystals, it's important to cleanse them of any unwanted energies. Crystals absorb, store, and radiate energy. Over time, they may accumulate various energies from their surroundings, previous owners, or situations they've been exposed to. Cleansing removes these accumulated energies. Cleanse crystals by:

Running water: Hold your crystal under cool running water for a few minutes, visualizing the water washing away any negative or stagnant energy.

Note: Some crystals (like selenite) can be damaged by water, so be sure to research your specific crystal first.

Salt and Saltwater: Salt has been used for centuries for its purifying properties. Bury your crystal in a bowl of salt (sea salt is commonly used) for a few hours. Alternatively, you can place it in a bowl of saltwater for a few hours.

Note: be sure to check if salt is safe for your particular crystal.

Smudging: Burn some rosemary, sage, basil or other cleansing herbs and pass your crystal through the smoke to clear negative energies.

Moonlight: Place your crystal outside or on a windowsill under the light of the full moon overnight.

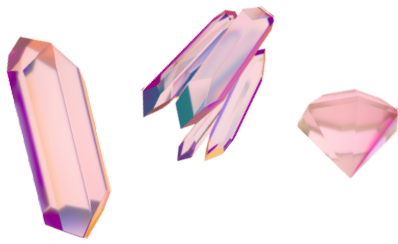
Sound: The vibrations from singing bowls, tuning forks, bells, or even your own voice (chanting or singing) can help cleanse your crystals. The sound waves purify the energy in and around the crystal.

Earth: Bury your crystal in the ground for a day, allowing the Earth to absorb and neutralize any negative energies.

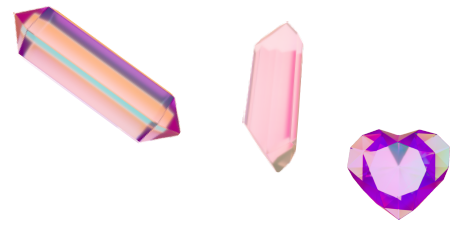
Other Crystals: Some crystals, like selenite and clear quartz, have cleansing properties. Placing other crystals near or on these can help cleanse them.

Flames: Pass your crystal through the flame of a candle to purify it.





Charging Crystals



Once your crystal is cleansed, it's time to charge your crystal. Charging crystals refers to the process of replenishing and amplifying their energy. Just as we humans need to rest and recharge after expending energy, crystals also benefit from a boost, especially after being used for healing, meditation, or other energy work. By charging a crystal, you're ensuring it's energetically potent and ready for use.

Why It's Important to Charge Crystals:

Maximize Their Potential: *When crystals are fully charged, they can operate at their maximum vibrational frequency. This makes them more effective in their applications, whether that's for healing, protection, manifestation, or other purposes.*

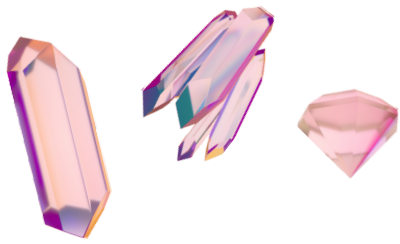
Reset Their Energy: *After extensive use, especially in emotional or energetically draining situations, a crystal can become energetically "dull". Charging helps reset its energy, ensuring it's clear and vibrant.*

Enhance Intuition and Connection: *When you're in the habit of regularly charging your crystals, you'll likely find that your intuitive connection to them strengthens. This can make your energy work, meditations, and other practices more effective.*

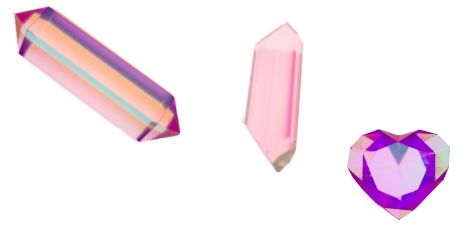
Supports Intention Setting: *The process of charging often goes hand-in-hand with programming or setting intentions for your crystals. As you charge your crystal, you can infuse it with your specific intention, making the crystal a more potent tool for your desired outcome.*

Remember to cleanse and charge your crystals regularly, especially if you use them frequently or for particularly intense purposes.





Charging Crystals



Here are some methods to charge crystals:

Full moon: One of the most popular ways to charge crystals is by leaving them under the light of the full moon. Moonlight has a powerful charging energy, as well as a powerful cleansing energy.

Sunlight: Place your crystal outside in direct sunlight for a few hours.

Note: be cautious as some stones (like amethyst or rose quartz) fade in direct sunlight.

Earth: Bury your crystal in the earth for a few days, allowing it to absorb the earth's energy. Be sure to mark the spot so you can find it again!

Other Crystals: Large quartz clusters and selenite bowls, plates and wands can be used to charge smaller stones. Simply place the crystal that needs charging onto or near the larger stone.

Earth: Burying crystals in the earth doesn't just cleanse crystals, it also recharges them with grounding energies. This method is especially good for grounding stones like hematite, smoky quartz, and black tourmaline.

Sound: The vibrations from singing bowls, gongs, tuning forks, can both cleanse and and charge crystals.

Water: Natural sources of water, like rivers, or the ocean, can charge crystals.

Note: ensure your crystal is water-safe before using this method.

Visualization: Hold your crystal and visualize it being imbued with vibrant, sparkling, or radiant energy. This method uses your own energy so it is important to ground yourself afterwards.

Breath: Blowing onto your crystal with the intention of charging it can also be effective, especially when combined with visualization.





The purpose of programming your crystals is to set a specific intention for the crystal to amplify or manifest. This process essentially 'informs' the crystal of how you wish to work with its energy. Programming focuses the crystal's energy to assist you in a specific goal, be it healing, protection, manifestation, or any other intention. This differs from charging since programming is about directing a crystal's energy for a specific purpose, and charging is about replenishing and amplifying a crystal's inherent energy. Here's how to do it:

Cleanse the Crystal: Before programming a crystal, it's essential to cleanse it.

Set your Intention: Take a few deep breaths and center your energy. Hold the crystal and feel its energy as you think clearly about your intention. This could be anything from "helping me sleep peacefully" to "boosting my confidence in public speaking" but it should ideally correspond with the properties of the crystal.

Program the Crystal: With your intention in mind, close your eyes and visualize the energy of your intention flowing into the crystal. You might envision this as a stream of light or color moving from your heart or mind and into the crystal. Say out loud or in your mind: "I program this crystal for [your intention]." Allow yourself to feel when the crystal has absorbed the intention, and visualize it radiating the energy of your intention. Once you feel the process is complete, thank the crystal. Some people like to seal the programming by envisioning a protective light around the crystal.

Remember: A crystal's programming will remain until you cleanse it or set a new intention. It's a good practice to cleanse and reprogram your crystals periodically, especially if you feel the energy has become stagnant or if your intentions change.

