



CARING FOR YOUR CRYSTALS

Clearing, Charging, and Programming

Clear Your Crystal After Purchase

Clearing crystals resets their vibration to be receptive to the new owner. Given enough time, crystals will naturally clear themselves when not in use, but there are many different techniques that conveniently speed up the process. A few simple and safe techniques are listed here:

Sage Smoke Cleansing: Pass the Crystal through the smoke of the sage stick with the intention of cleansing it and clearing it of any vibrations that may have been accumulated on its journey to you.

Sound: Instruments that can be used include bells, chanting, crystals bowls, gongs, or any tone through which a positive vibration can be felt. You simply pass the crystal through the sound waves to clear it, with the same intention as above.

Sea Salt: Bury the crystal in sea salt for at least 3 hours.

Moonlight: Set the crystal on a windowsill or outside in the full or new moon overnight.

Holy Water: Lightly mist the crystal and focus on the intention of cleansing and clearing. Any ritual or holy water that has been blessed with intention will work.

How frequently should crystals be cleared? If the crystal is being used in a healing practice, it needs to be cleared after every use. Crystals that are for personal use can be cleared as often as you feel is necessary. Some crystals are said not to need clearing, but cleansing your stones periodically is still a good practice.

Attune To Your Crystal

Tuning into your crystal or stone aids in the ability to quiet the mind and become still so that the inner self can perceive the truth. Crystals teach us how to gain access and use our own light, and extend their radiance for our healing.

A good technique is to meditate or sit in a quiet, relaxed state while placing the crystal on your third eye point. As relaxation occurs and the mind becomes receptive, the subtle vibrations of the crystal can be felt. You may ask the crystal if there is anything that could be shown to you to assist in your understanding, or ask a personal question about an aspect of your life. Open your mind and receive an answer- it may come as symbols, images, visions, or direct knowing.

Charging Your Crystal

Like recharging a battery, charging your crystal brings it to its fullest energetic potential. Charging can be done as often as you feel is needed! An easy practice is to charge your crystal after each time you clear it- some methods can even clear & charge at the same time.

Sunlight or Moonlight:

Both are energizing. Use whichever energy source resonates with you, or use both. Be aware that some crystals will fade in the sunlight and others can cause a fire hazard, as light is amplified when passing through a crystal. We recommend avoiding placing crystals on windowsills during the day and charging your crystals in indirect sunlight.

Charging Stone:

Some stones are natural chargers, such as selenite and Clear Quartz. Place your crystals on top of these stones overnight or up to 24 hours to charge them.

Reiki:

Your crystals can also be charged with positive energy through Reiki (universal energy).

Program Your Crystal

“Programming” is storing an energy pattern in a crystal. This pattern can be an intention, thoughts, color, emotion, sound, use, or other vibrations. These vibrational patterns can be accessed to bring those energies into use by you or someone else. There are many ways to program, but we recommend the following for beginners:

Make sure your crystal has been energetically cleared, then hold the crystal to your third eye in your dominant hand and clear your mind of unrelated thoughts. Focus on your intention for the programming, and say descriptive words aloud that you wish to program in the crystal. For example, if you wish to program for calmness, repeat words like “Calm heart, calm mind, tranquil energy surrounds me.” Repeat your intention 3-5 times or until it feels as though the vibrations have sunk into the crystal fully. The crystal is now programmed!



Information format provided by The Energy Within
7807 W 151st St, Overland Park, Kansas