

Mini Guide - How to Programme Crystals & Stones for Healing and Health



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5 Steps to Programme Crystals & Stones

Step One – Ensure your crystal has been cleansed. You may use whichever method of cleansing you prefer such as smudging, cleansing with salt water, incense stick etc. Now you sit down with your chosen crystal preferably at your crystal altar or somewhere that you will not be disturbed.

Step Two - Hold the crystal in your dominant hand, so for instance if you generally use your right hand then this is the hand to use. Now you should clear your mind of unrelated thoughts it quite often helps if you can meditate now even if only to regulate your breathing. Start to focus on your intention for the programming of your crystal.

Step Three - Focus your intention for your chosen crystal by saying descriptive words aloud. For example, if you want to program your crystal to bring balance to a certain chakra, start repeating the words "chakra balancing" over and over again. A whisper is fine if a normal tone of voice would attract distracting attention from others.

Step Four – Now hold the stone in your other hand and repeat your intent verbally into your hand, then place your dominant hand over your crystal to push the vibrations into the crystal.

Step Five - Continue holding the crystal and repeating your intention until it feels as though the vibrations have sunk into the crystal fully. If necessary, repeat step four.

Your natural intuition will let you know or you will just have a sense that your crystal has now accepted the vibrations, open your hands and thank the crystal. The crystal is now programmed.

This method can also be used with tumbled stones, spheres, polished crystals, and natural chunks of minerals, as well as natural crystals.

To retrieve and use the crystal's program, hold and rub the crystal while asking (silently or out loud) for its programming to be released and those energies come out.

To erase the crystal's program, clear the crystal with intent to remove the programming.

Reference guide for choosing a stone and its energy

	Energy	Effect	Chakra	Stone	
Red	action	warming	root	garnet	
Orange	relationship	expanding	sacrum	amber	
Yellow	mental alertness	clearing	solar plexus	topaz	
Light Green	spontaneity	refreshing	heart	peridot	
Rich Green	love	harmonizing	heart	emerald	
Turquoise	protection	strengthening	heart/thymus	turquoise	
Pale Blue	communication	soothing	throat	celestite	
Dark Blue	intuition	connecting	third eye	lapis lazuli	
Violet	insight	inspiring	crown	amethyst	
Pink	unconditional love	releasing	heart	rose quartz	
White	universal energy	healing	all chakras	clear quartz	
Black	universal mystery	visioning	root	obsidian	
Brown	rootedness	grounding	root	smoky quartz	
Indescent	change	flowing	third eye	labradorite	
Gold	self-worth	revitalizing	crown	gold	
Silver	inner knowledge	calming	third eye	silver	

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