

## **How to Program and Use Your Crystals**

So you have cleansed your crystals and now they are ready to use - now what? Now is the perfect time to program your crystals to ensure you can get the most out of their powers.

### **Why do we program crystals?**

At this stage, your crystals are now a blank page and we can't really start using unless we fill them with intentions, goals and direction otherwise it is like jumping onto a train with no destination. Programming crystals ensures that your crystals work and makes the most of their healing powers.

### **How to program your crystals**

This process is quite simple, quick and can be done almost anywhere! There are a few different methods, however there is no one that is better than the other - simply choose the process that feels the best for you. Our favourite method is visualisation. Be sure to cleanse your crystal before programming.

Start by holding your crystal cupped in both hands. Clear and calm your mind. Focus on your breathing until you feel a stillness. Now, imagine a pure bright white light surrounding your hands and your crystal.

Now you must set your intention for this crystal. Sometimes it can help to write it down on a piece of paper first, so you can remember how to word it correctly. Setting an intention for the crystal could be anything, such as "I am working with this crystal to achieve a sense of calm and tranquility," or "I programme this crystal to guide me through this difficult time at work" or "I am harnessing the energy of this crystal to aid my concentration and focus." This intention is entirely personal to you and your specific goals. Say these aloud or repeat them in your mind as you imagine the bright white light surrounding you.

Finish by bringing your crystal up to your third eye (the spot on your forehead, just up from between your eyes), thank the universe for this practice and for borrowing its energy and imagine the white light sealing your crystals.

### **How to Use Your Crystal**

While this question is kind of like asking 'how long is a piece of string?' there are some great ways that we can incorporate crystals into our everyday life.

It is important to note however, that the crystals are only as powerful and we choose them to be. While crystals all have a bit of magic, it's important not to follow them blindly. They don't put a magic spell on you. Rather, they enhance the work you're already doing.

Crystals work best when we work with them, by harnessing their power and playing

our part in our manifestations. You could be placing your crystals and programming your crystals in 'the right way' however. If we are not using our crystals with an open mind and actively working towards our goals, they will merely become beautiful paperweights.

If we start actively working with our crystals, you will find yourself leading more with your intuition and have situations arise that will be in line with your goals and intentions, otherwise known as that little thing called fate! Be open, say yes to opportunities, explore your boundaries and follow your instinct and allow your higher self to guide you.

Right, so your crystal has been cleansed and programmed. Now, how to use it.

### **How To Use Your Crystal**

1. Meditation
2. Healing
3. Carry them with you
4. Wearing them
5. Enhance your Yoga Practice
6. Elixirs

Water and crystals have a powerful connection and can both use each other to enhance the other's properties. An elixir is essentially crystal enhanced water, and can be the quickest and easiest way to absorb a crystal's energy.



Thank you for taking the time to read, I'm sending you Love and Light!