**Choosing, Cleansing, Replenishing and Programming Crystals and Gemstones:**

**Choosing Crystals:**

There are **several ways** to do this:

1. Refer to a **crystal chart** for any condition you have to heal or what you would like to enhance in yourself and buy the named crystal.
2. Ask your **spirit guide** which crystals you need. You may get a name or a picture. If not ask to be lead to the crystal/s you need at this time. When you enter a crystal shop you will **intuitively be lead to the right crystal**. Remember the biggest and brightest is not always the best for you.
3. Use a **pendulum** to determine the right crystal for you.

**Cleansing Crystals**:

Different crystals like **different cleansing methods**. Use your intuition or a pendulum to find out how they like to be cleansed.

1. Place crystals in a bowl of water with a teaspoon of **sea salt** in it for 3-4 hours.
2. Bury a crystal in a **bowl of brown rice** for 3-4 days. (Throw out the rice do not eat it !!)
3. Hold the crystal under **cold running water** and **visualise** pure white cleaning light washing over it asking to remove any and all negative energies.
4. **Burying** the crystal in the earth for one **moon cycle** or more if needed. Make sure you marked the spot the crystal was burried as crystal can move!!
5. Hold the crystal slightly down and out from your nose. Think and **ask for cleansing** in your mind, then take deep breaths in and out through your nose. **When you breath out you release the cleansing energy onto the crystal** which cleanses it. Often only 3 to 4 breaths are needed.

**Replenishing Crystals:**

1. Most crystals prefer **diffused sunlight** not directly in the sun they do not like complete darkness either e.g. shut in a box or in draws. Often a book shelf is a good place
2. **Moon light** is very replenishing especially a full moon. Lying them on a towel outside on the ground under trees and bushes where there is diffused sunlight and then moonlight and the **energy of the earth** this really helps them replenish.

**Programming a Crystal:**

1. Cleanse and energise the crystal
2. **Define clearly what you want to programme the crystal** for e.g. help over- come the fear of flying, help find a partner, keep your own energy together not take on other people’s energies. Make sure you **see the end result** clearly.
3. Only put in **one programme per crystal** but you may have 2 to 3 programmed crystals all working at the same time, spread them around your home and you can wear one.
4. Put the third eye and ask that **any existing programme** on any level is **now removed** and transmuted in the true clear warm light of God light.
5. **Instruct the crystal** that you want to put in a programme to help you with………….. and then **visualise what you desire**. See it, hear it, feel it, enjoy it **involve as many senses** as you can. Let the visualisation enter the crystal and send in telepathic messages as your thoughts and speak out loud your desires. Keep doing this till you feel the crystal has got the message. Round 2-3 minutes you will just know.
6. **Energise the crystal** by holding it in your hands and then placing it over your **heart chakra** and sending it lots of love and thanks for what it will do for you. Use your intuition when it has had enough.
7. Leave it somewhere in the house or on you so it can work for you. You can **energise it daily** if you desire.