

CHOOSING, CLEANSING, PURIFYING, BONDING AND CHARGING YOUR GEMS, CRYSTALS, AND STONES

By Sonia

TODAY YOU CAN FIND STONES IN A WIDE RANGE OF PLACES. THEY COME FROM ALL OVER THE WORLD, OFTEN TRAVELING THOUSANDS OF MILES, AND PASS THROUGH MANY HANDS BEFORE ENDING UP IN YOUR HAND TO PAY FOR THEM. THIS IS WHY IT IS IMPORTANT TO CLEAN AND PURIFY YOUR STONES AS SOON AS POSSIBLE, WHEN YOU GET THEM HOME.

CHOOSING YOUR STONES:

MY PERSONAL THOUGHTS ON CHOOSING A CRYSTAL:

I FEEL THAT YOU DO NOT CHOOSE YOUR CRYSTAL, BUT YOUR CRYSTAL CHOOSES YOU. WHEN I GO INTO A STORE, WHERE THERE ARE CRYSTALS AND STONES I MAY BE IN THE SAME PLACE FOR 30 MINUTES TO AN HOUR. I PICK UP SOMETIMES EVERY STONE IN THE BOX, BUT I KNOW WHEN I HAVE FOUND THE RIGHT ONE. I BEGIN TO FEEL THE TEMPERATURE OF THE STONE CHANGE AS WELL AS MYSELF AND CAN FEEL OUR ENERGY BECOME ONE. I CAN EVEN FEEL A PULSE WITHIN IT.

REMEMBER YOUR BODY POSSESSES NATURAL VIBRATIONS. CRYSTALS TOO VIBRATE AT CERTAIN FREQUENCIES. YOUR GOAL IS TO FIND A CRYSTAL THAT SHARES THE VIBRATIONAL RATE OF YOUR BODY.

"TRUST YOUR INSTANTS"

TAKE A CRYSTAL INTO YOUR HAND FOR A MOMENT. CLOSE YOUR EYES AND TAKE A DEEP SLOW BREATH. FEEL THE CRYSTAL ITS TEXTURE, SHAPE, AND TEMPERATURE. DOES IT SPEAK TO YOU? TAKE NOTICE IN YOUR REACTIONS TO THIS CRYSTAL BEFORE PUTTING IT DOWN, PICKING UP ANOTHER AND REPEATING THE PROCESS. YOU WILL FIND THE ONE THAT IS JUST RIGHT FOR YOU. YOU ARE RIGHT AT THE BEGINNING OF A BEAUTIFUL FRIENDSHIP!

REMEMBER THE SIZE AND QUALITY HAS NO EFFECT ON ITS POTENCY

BEWARE:

BEWARE OF FAKE STONES AND THOSE THAT HAVE BEEN TREATED. YOU WANT A CRYSTAL EXACTLY AS NATURE MADE IT, JUST AS IT CAME OUT OF THE EARTH. MANY TIMES, YOU WILL ONLY FIND TUMBLED STONES IN THE STORE BUT WHEN EVER POSSIBLE TRY TO GET RAW ONES.

GIFTS:

YOU MAY ALSO RECEIVE A STONE AS A GIFT. THIS IS GREAT IF THE PERSON HAD YOU IN MIND WHEN THEY GOT THE STONE; ENERGIES WHERE STILL BEING CONNECTED. JUST REMEMBER YOU NEED TO TAKE PARTICULAR CARE WHEN PURIFYING YOUR STONE SO YOU'RE GIVERS ENERGIES WILL NO LONGER BE PRESENT WHEN YOU CHARGE YOUR STONE.

HANDS OFF:

WHEN YOU HAVE FOUND YOUR CRYSTAL, REMEMBER IT IS NOT A TOY TO BE PLAYED WITH AND PASSED AROUND FOR OTHERS TO HANDLE. **MY PERSONAL THOUGHT ON HANDS OFF:**
OTHERS HANDLE MY STONES, I JUST PURIFY THEM AFTER WARDS OR JUST BEFORE, I CHARGE THEM. I AM ALWAYS PLAYING WITH MINE. THE ONLY STONES I DO NOT LET ANYONE HANDLED ARE THE ONES I HAVE CHARGED FOR A SPECIAL PURPOSE, THAN I FOLLOW THE BOOKS GUIDE LINES. (IT IS YOUR CHOICE, IT IS YOUR CRYSTAL.) **BEWARE: IT MUST BE PURIFIED WITH ONLY YOUR ENERGY BEFORE YOU CHARGE IT.**

CLEANSING YOUR CRYSTALS AND STONES:

WARNING: LAPIS, LAZULI, MALACHITE, AND SODALITE CAN BE DAMAGED BY WATER !!

YOU WILL NEED TO MAKE SURE THAT YOUR STONE IS PHYSICALLY CLEAN. THE SIMPLEST WAY TO DO THIS IS TO RUN IT UNDER LUKEWARM RUNNING WATER AND CLEAN IT WITH A MILD, DETERGENT-FREE SOAP. THEN PAT DRY WITH A SOFT TOWEL OR BLOW DRY GENTLY WITH YOUR BREATH. IN CASES WHERE WATER CAN DAMAGE A STONE USE A DAMP CLOTH AND CLEAN YOUR STONE.

PURIFYING YOUR STONES:

THERE ARE A WIDE VARIETY OF METHODS FOR REMOVING NEGATIVE ENERGIES FROM YOUR STONE, **ALL OF WHICH ARE EQUALLY EFFECTIVE.**

(REMEMBER THE WATER WARNING)

1. SALT: BURY YOUR CRYSTAL IN A CONTAINER OF SEA SALT. LEAVE IT FOR 24 HOURS
ALTERNATIVELY, YOU CAN DISSOLVE SEA SALT IN LUKE WARM WATER AND SOAK IT OVER NIGHT.
RINSE AND DRY.

2. SMUDGING: SMUDGING (USED BY NATIVE AMERICANS)

CEDAR, SAGE, AND SWEET GRASS ARE BURNED IN AN OPEN CONTAINER AND THE CRYSTAL IS PASSED SEVERAL TIMES (ABOUT 10) THROUGH THE SMOKE.

TIP FOR THE DAY: THIS CAN ALSO BE USED TO PURIFY YOUR SELF AND YOUR HOME.

3. SUN: PLACE YOUR CRYSTAL OUTDOORS IN THE SUN LIGHT. LEAVE IT THERE ALL DAY TURNING IT OCCASIONALLY SO EACH SIDE CAN CATCH SOME RAYS.

WARNING: AVENTURINE, AMETHYST, APATITE, AQUAMARINE, BERYL, CELESTINE, CITRINE, FLUORITE, ROSE QUARTZ, SMOKY QUARTZ, KUNZITE, AND SAPPHIRE DOES NOT LIKE THE SUN IT MAY CAUSE THERE COLOR TO FADE !!

4. MOONS LIGHT: PLACE YOUR CRYSTAL OUT DOORS IN THE MOON LIGHT LEAVE IT THERE OVER NIGHT. BRING IT IN BEFORE THE SUN COMES UP. PLACING YOUR CRYSTAL ON A MIRROR DOUBLES THE EFFECTS OF THE MOONS RAYS

5. CRYSTALS CLUSTER: SIMPLY PLACE YOUR CRYSTAL ON A CRYSTAL CLUSTER THAT HAS ALREADY BEEN PURIFIED AND LEAVE IT FOR 24 HOURS.

BONDING WITH YOUR CRYSTAL:

THE NEXT STEP IS TO MAKE YOUR CRYSTAL INTO A POWERFUL WORKING TOOL.

1. SIT QUIETLY WITH YOUR CRYSTAL IN YOUR HANDS.

2. CLOSE YOUR EYES, NOTICE THE SHARPE, TEXTURE, AND TEMPERATURE OF YOU CRYSTAL. (DO THIS FOR A COUPLE OF MINUTES.)

3. OPEN YOUR EYES LOOK CLOSELY AT YOUR STONE. TAKING IN ITS OUTWARD APPEARANCE, ITS COLOR, EVERY ANGLE, ANY FLAWS OF IMPURITIES IT MAY HAVE.

4. CLOSE YOUR EYES AGAIN, VISUALIZE THIS STONE YOU ARE HOLDING IN YOUR THIRD EYE

CHARGING OR PROGRAMMING YOUR CRYSTAL:

NOW THE TIME HAS COME YOU HAVE BEEN WAITING FOR, CHARGING OR PROGRAMMING YOUR STONE.

1. FIND A RELAXING PLACE, AND SIT QUIETLY

2. HOLD YOUR STONE IN BOTH HANDS SO YOU ARE MAKING AS MUCH CONNECTS WITH IT AS POSSIBLE.

3. CLOSE YOUR EYES AND THINK OF THE ENERGY YOU WISH TO IMPART TO YOUR CRYSTAL FOCUS ON THAT INTENT.

REMEMBER YOUR THOUGHTS HAVE ENERGY.

4. RELAX, AND BREATH DEEPLY AND SLOWLY.

A. WHEN YOU INHALE, TAKE INTO YOUR BODY THE IMAGE OF WHAT IT IS YOU WANT FROM YOUR CRYSTAL.

B. WITH EACH EXHALATION, IMAGINE THAT DESIRE ENTERING THE STONE.

5. VISUALIZE YOUR INTENTIONS FLOWING SMOOTHLY FROM YOUR MIND INTO YOUR CRYSTAL.

NOTE: IF YOU USE YOUR CRYSTAL FREQUENTLY, YOU WILL NEED TO RECHARGE IT EVERY TWO OR THREE WEEKS.

IF YOU WISH TO CHANGE THE PURPOSE FOR WHICH YOU USE YOUR STONE, IT MUST FIRST BE CLEANSED AND THAN REPROGRAMMED.

A THOUGHT FROM ME TO YOU:

I HOPE YOU HAVE ENJOYED THE STONE OF THE MONTH AS MUCH AS I HAVE ENJOYED WRITING THEM FOR YOU. I ALSO HOPE THAT THIS EXTRA INFORMATION WILL HELP YOU ALONG YOUR JOURNEY TO GETTING SOME GEMS, CRYSTALS OR STONES OF YOUR VERY OWN.