

MANIFESTING
WITH
CRYSTALS



*A guide to working with the
energy of crystals*

THE ASCENSION STUDIO



CRYSTALS 101

HOW TO CLEANSE, CHARGE, AND PROGRAM YOUR CRYSTALS

At The Ascension Studio, we believe in the energy and healing powers of crystals. We also believe in the incredible power of setting Intentions. So let's super charge both by putting them together.

Everything around us, including our own bodies, is made up of energy. Some things vibrate at a lower energy frequency, similar to when we feel flat, down, or unhappy, and some things vibrate at a higher level, like when we are feeling joy, love, and excitement. The better we feel, the higher the level of our vibration, and since like attracts like, we attract a similar frequency to our own, much like an energetic magnet.

Crystals has been proven to store and emit a certain energy—in more technical terms, crystals are "piezoelectric," meaning they can transform energy from one form to another. Crystals each have their own vibrational properties, and the more we come into contact with these energies, slowly over time, our energy begins to match that of the crystals in subtle ways.

Did you know you can program crystals with Intention? Programming a crystal with Intention gives it a job. It allows your crystal to work for you in exactly the way you want it to, and it helps you connect with your Intention. Your programmed crystal then becomes part of your manifestation toolkit, helping you to create the life you want to live. In this guide, we share what to do with crystals once you've purchased or found them, and the different ways you can work with these powerful stones.

How to Choose a Crystal

The first step in charging a crystal with your Intention is to choose one that resonates with your Intention. Because each crystal has unique energy and healing properties, selecting a crystal that aligns with your specific Intention is important. For example, if you want to increase self-love and emotional healing, you may choose rose quartz, while if you're looking for mental clarity and focus, you may choose a clear quartz crystal.



HERE ARE THREE TIPS TO HELP YOU WHEN CHOOSING A CRYSTAL:

- Do research to find a crystal by the specific property you're looking for.
- Choose your crystal by intuition, trusting that it's calling you because it is exactly the one you need.
- See if you have a physical reaction to any stones or feel a subtle "tug" when you pass your hand over the stones.

Cleansing Your Crystal

Before programming your crystal, it's important to cleanse it. Crystals can often be depleted in energy or attract and hold lots of different energies within them, which is why regular cleansing and charging is essential to crystal care.

What is the difference between cleansing and charging a crystal? You want to cleanse your crystal first to wash away all of the negativity and scattered energy, then you charge it in order to amplify its powers.

When cleansing and charging your crystals, remember each crystal has its own personality, which is why I would suggest using the internet as a resource as you begin to explore crystals.

Important: Not all crystals respond well to water. Many crystals with "ite" on the end, such as selenite, angelite, and celestite should not be submerged in water, while most quartz forms like rose quartz, amethyst, and citrine are fine to sit in water overnight.

Here are all the different ways to cleanse your crystals:

- Sunlight
- Moonlight
- Sea Salt
- Crystals (like Selenite)
- Smoke
- Water
- Sound
- Breath
- Visualization
- Bury Them



Ways To Cleanse a Crystal



SUNLIGHT

Sunlight is an excellent way to cleanse a new crystal. The sun gives off yang energy, while crystals hold yin energy from the earth. Just pop them on a sunny windowsill for a few minutes. If you have crystals that are vulnerable to discoloration from the sun (like rose quartz, amethyst, or amber), you can still use this method. Just put them out for an hour at dawn instead of into a beam of direct sunlight.



WATER

Placing crystals outdoors during rainfall is a great way to cleanse them. You can also hold them in natural flowing streams or rinse them in the sink. The water will cleanse the old energies. For those crystals that can be submerged, take a pinch of sea salt and add to a bowl of water. Use your intuition on how long to leave them submerged. If you charge your crystals often, leave for an hour, but if this is the first time you've charged and cleansed your crystals, consider leaving them overnight. Remember that water can erode delicate crystals. Only use it for hard stones, never for brittle, crumbly, or sedimentary crystals.



SMOKE

Cleansing crystals with smoke clears away contrasting and negative vibrations and brings back the crystal's natural energies. All you have to do is create a tuft of smoke with your herb bundle, then hold your crystal in the smoke for 30 seconds.

How to Charge a Crystal

Crystals can lose their charge over time; their power isn't constant. We own crystals for their energy benefits, yet all energy can be depleted over time. Eventually, by nature of their very purpose, they'll need to be recharged, kind of like an energetic battery.

Make sure you always cleanse your crystals before you charge them. This wipes away all the energy buildup over time. Otherwise, when you try to charge your crystal, it will still be full of the energy you've already put into it or other energies it has picked up.



MOONLIGHT

Moonlight is a gentle yet powerful way to cleanse crystals. It also doesn't run the risk of discoloring any of your stones. If you're into tracking the phases of the moon, moonlight cleansing is especially effective during a full moon. This can increase the stone's vibrations as well. For another moon-related crystal charging option, you can make your own moon water and then place your crystals in this lunar-powered water or pour the moon water over your crystal. Again, be sure to only do this with stones that can tolerate getting wet.



VISUALIZATION

You can also use the power of visualization to help you charge a crystal. Center your energy, hold your stone in your hands, and visualize your hands filling with radiant white light. See the light expand until it surrounds the stone and fills it with light. Do this for about a minute per stone, or until you intuitively feel that the stone has been charged.



SPIRIT GUIDES

If you work with any spiritual guides or deities, you can connect your crystals with them. Whether through prayer or meditation, you can take a moment to invite your guides to connect to your crystals and charge them with their unique frequency.

How to Program a Crystal



When programming crystals, it's important to be "crystal clear" about your Intention. It can help to have it written out, or maybe you created a simple affirmation regarding your Intention. Either way, be sure that when programming your crystal you are clear and specific.

Once you are ready, prepare and cleanse a quiet or sacred space. You can do this by lighting a candle and a Palo Santo stick. The candle helps focus your Intention, while Palo Santo cleanses and helps raise the vibration.

Hold the crystal with your left (receiving) hand and focus your energy on it. Close your eyes and visualize your Intention flowing into the crystal, or connect with the emotion of your Intention (how you feel when you imagine yourself already enjoying that Intention in your life). Imagine the crystal absorbing your Intention by surrounding and penetrating the crystal with that specific feeling through your hands and mind.

After connecting the crystal to the energy of your Intention, communicate to your crystal by saying: "I program this crystal for _____." Using an example of finding love, you could say, "I program this crystal for manifesting love in my life." Repeat the Intention three times, as three represents action.

Your crystal is now cleansed, charged, and programmed.

There is no right or wrong when choosing the words for setting your Intention. To help you get started, here are 4 examples for intention setting affirmations:

1. Amethyst (Intuition)

"I program this crystal to activate my intuition"

2. Rose Quartz (Self-Love)

"I program this crystal to amplify self-love"

3. Green Aventurine (Abundance)

"I program this crystal to receive abundance"

4. Clear Quartz (Clarity)

"I program this crystal to clear my mind"

Once your crystal is charged with your intentions, it's ready to use. You can carry it with you throughout the day on jewelry, or in your purse or pocket. You can keep it near your workspace or place it on your bedside table while you sleep, or maybe you incorporate it into your meditation or yoga practice.

Charging crystals with intentions is a powerful practice that can assist you in manifesting your desired Intention.



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Where you Can Find More

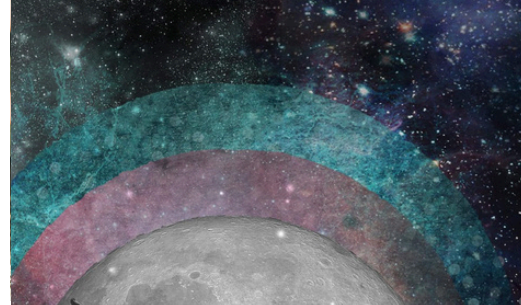
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THANK YOU

Thank you so much for joining me on this journey! If you have any questions or are looking for more support, please don't hesitate to reach out. I can't wait to see you inside
The Embodied Ascension Course!

 Jen