



How to programme a crystal

Every crystal that has found its way to you already does everything it can to support you. Therefore, it doesn't need programming per se. However, if you have a dream and feel that your crystal could help you achieve it, then you can harness its power even more by programming it which will focus its energy towards your goal. Here is how to do it:

1. Write down your request for your crystal – make sure to use positive words only and don't use any negation; take your time to find the right words
2. Cleanse your crystal – under running water if it tolerates water, or over some incense
3. Connect with it – hold it in your hand and tune in
4. Meet the crystal being – if you are sensitive you'll be able to feel into the essence of your crystal or even see it with your third eye (optional)
5. Receive its message(s) – often crystals don't communicate with words but with colours, pictures or emotions; be open for anything your crystal wishes to convey to you (optional)
6. Say your request (your programme) out loud – concentrate your attention on the crystal in your hand as you do so
7. Ask the crystal being whether it is willing to fulfil your request – tune into it again, a Yes should feel heart opening and warm, a No often feels like a contraction of some kind
8. If the answer is Yes – bring your crystal close to your mouth and breathe love into it, it should feel noticeably warmer afterwards
9. If the answer is No – be open for the crystal being's message, maybe it already follows a divine plan for you; it is sensible and respectful not to force it but to leave it at that for the moment (you can try again at a later date and time); continue with the following steps nonetheless
10. If you are uncertain about the answer, trust your intuition – positive feelings are a good sign, negative feelings suggest a No
11. Say thank you to your crystal and put it back in its place or keep carrying it with you wherever you go – it is important to fully release your dream at this point, don't keep on mulling things over and looking for instant results, let go completely!

Following on from these steps make sure to connect with your crystal frequently, touch it and cleanse it regularly (but not overly) to nourish the friendship and bond between you. After a month you can start reflecting on any changes in your life that occurred in that time relating to your dream, if you haven't noticed anything obvious beforehand. Enjoy!