

Although you can look online and find numerous different ways to clear information in quartz crystals, none of them have any rigorous, measurable results to verify the claims. The methods described below are based upon scientific research which I've personally done and have shown to be effective.

That is not to say that some of the other methods don't work. They may, or may not. What I've learned from my research is that *almost* every method has some effect but many are only partially effective.

For example, playing a sound, or using sage on a crystal may clear some of the information stored in it, but not all. Do you want your shirt partially cleaned or completely clean before you go out?

That said, I encourage you to experiment. Develop your ability to communicate across kingdoms, between the animal and mineral kingdom. Learn how to listen. This is a process that takes time. Be gentle with yourself. You may never hear your crystal "talk" to you. You may have certain very subtle feelings that can be easy to dismiss. Learn to listen to these feelings.

After using your crystal for a while, you may want to put it in the sun to energize it. This can amplify the effects of the programs you put into it.

Perhaps you'll want to put it outside in the moonlight on the night of a full moon to energize it with more feminine energy.

Have fun. Play. Everything is make believe in this world. Use that to your advantage. This is a tool to help you create the world you want to live in.

- Hold the crystal in your left hand above your heart (but without touching it to your body).
- Inhale one to three times, feeling a connection to the crystal and moving that feeling up your left arm into your heart. Feel the energy of the crystal in your heart.
- Focus your intention in your heart. What do you want?
- Transfer the crystal to your right hand, holding it above your heart area (but without touching it to your body).
- Imagine that information moving from your heart, down your right arm to the crystal in your right hand. You're telling the crystal what to do. Turning the crystal while you hold it, rubbing your fingers and thumb on each face, connects you more deeply with the crystal.
- When you feel all the information has been placed in the crystal, exhale two times, imagining that the information is now stored there.
- On the third time, exhaling powerfully through your nose with a sharp pulse of breath, while simultaneously squeezing the crystal and jerking your hand in the air, (similar to pounding a nail with a hammer) and imagining that the information is sealed in it.
- Your crystal will hold one program one for each face. You may only want it to do one thing and that's most typical.
- Repeat this same process for each program.
- After doing this regularly for a while, you will get to know your crystal. Training your mind to be receptive and sensitive comes with practice. After you've had a pet for a couple of years, you've established a certain level of communication, a connected knowingness. Your dog doesn't speak english and you don't speak dog, however we all share the same mind. You may find this to be true with your crystals too.
- Do the process and let the crystal get to know you. It's like a Labrador Retriever that just wants to please it's master, and it takes time to develop the mutual connection. As you get to know it better, you may find other ways to work together.
- Before experimenting, make this protocol second nature, like brushing your teeth. I still use it, because I know it works. Use this as a starting point to develop your own personal relationship with your crystal.
- The best way to clear your crystal is with a bulk tape eraser. If you don't have one, then hold it under running water for around 10 seconds; my research has shown this to be the 2nd best method.

Here's some ideas for ways to use your crystals and jewelry:

What feelings do you want to have today? Program those feelings into your crystal. (A list of feeling words is attached.)

What do you want to accomplish today? Visualize your intended outcome and put that into the crystal.

Are there long term goals you want to reach? Put that into the crystal and clear and restore the program every week.

Is there a physical issue that you'd like to change? Imagine the feeling of that issue being resolved, put it in the crystal and place the crystal in water. Feel that feeling and see that visualization every time you drink the water. (disclaimer - this is not medical advice, but a complementary modality to professional medical care.)

Do you have a plant that's not doing as well as you'd like? Visualize it being vibrant and healthy, put that into the crystal and pour the water into the plant. Have the water sit in contact with the crystal for at least an hour first.

Does your pet have a behavior that you'd like to change? If you haven't mastered the art of inter-species communication yet, try this. Visualize the message you want your pet to receive. Put that image into the crystal. Let it sit for at least an hour in water and give the water to your pet. Expect a miracle, and know it may take multiple times for the message to get through. At the same time, project that visualized image to your pet to amplify the effect.

Would you like your cut flowers to last longer? Visualize them being vibrant, put that into the crystal and fill the vase with the water.