

Quartz Crystal Programing

- Hold the crystal in your left hand over your heart.
- Inhale one to three times, feeling a connection to the stone and moving that feeling up your left arm into your heart. Feel the stone in your heart. Feel the magnetic field of your heart connecting with the stone.
- Focus your intention in your heart. What do you want?
- Transfer the stone to your right hand.
- Imagine that information moving from your heart, down your right arm, to the stone in your right hand. You're telling the crystal what to do.
- Feel the instructions being placed in the crystal, imagining that the information is now stored there.
- Then exhale 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 recording is sealed.
- The method has been scientifically measured to viably store information in crystals. To delete the information, hold it under running water for 10 seconds.