

Charging Water with Crystals and Intentions

By Lourdes Lebron

Drinking water charged with crystals is one of the easiest ways to integrate the energy of crystals into your body on a cellular and vibrational level. Many of us would love to spend more time receiving the benefits of stones, but how often do we find the time to meditate with them every day? With charged water you can drink in the benefits easily and fill your body with crystal energy daily.

Water can be charged with crystals very easily. All that is needed is a crystal, intention, glass, water, and some sunlight. Before you begin, you need to know what your goal is and what crystals can help you achieve energetic results. For example, if you want more abundance a Garnet or Citrine could be used. To increase the effectiveness of your immune system, a Carnelian would be helpful. For communication, a Blue Calcite could offer assistance. For a complete list of crystals and what they can help with, please check out Healing Crystals guide http://www.healingcrystals.com/Crystal_Helpers--Physical_Issues_Articles_1020.html.

When choosing the amount of crystals the general rule of thumb I follow is one medium tumbled stone per pint of water. You can use more if you would like, but it is not necessary. You can also use rough crystals instead of tumbled stones, but they must remain on the outside of the pitcher. For the sake of safety, the water being charged in this article will have the tumbled crystals on the outside of the container as well. For your information, here is a caution guide to crystals, http://www.healingcrystals.com/Crystal_Cautions_Articles_1009.html

Once you have your crystal(s) you can clean and charge it with moonlight and/or sunlight so that it has the best energy possible to assist you. When charging the crystal(s) with energy, leave it in moonlight at least for one night and a couple of hours of sunlight. Please be aware that some crystals fade in sunlight (Rose Quartz, Amethyst, Citrine, etc...). If you are using one of these crystals, just leave them for ten to fifteen minutes. Some of you may not want to use the sunlight at all and that is fine. For more methods to clean crystals please watch this video, <http://www.youtube.com/watch?v=NCXIK4ejcu0&feature=plcp>. For a Reiki video that cleans crystals, use this video,

<http://www.youtube.com/watch?v=wM5Ywg6AZdE&feature=plcp>. If you don't have time to put the crystals in moonlight and sunlight, this video will charge your crystals, <http://www.youtube.com/watch?v=ocfzIYKUZlc&feature=plcp>.

After the crystal(s) has been charged it can be infused with your intention. Hold the crystal(s) in your hand and imagine white light coming from your hands into the crystal (s) and imbuing it with *your* goal. If you are uncomfortable visualizing white light, just feel what your end goal is. Placing it on the heart chakra or third eye chakra also works. The key is to send out the vibrations of what you wish to receive into the crystal. Imagine already having it and what it means to you.

The next step is to get a glass pitcher. If one isn't handy, a tall glass or clean glass jar will do. Fill the container with the purest water you can find. Tap water is fine if filtered water is not available. Find a spot on a heatproof/fireproof surface where the water can receive some sunlight. An hour or two is great, but if you only have 20 minutes that will do. Place the pitcher to receive sunlight and then put the crystal(s) right next to it touching the glass. The water will be instilled with the energy of the crystal(s) as the sunlight touches it. Check on the water periodically. The sun moves around and if you wish to receive more than 20 minutes worth of sunlight, the pitcher may need to be repositioned.

After charging the water you can move the pitcher to a different spot. Leaving the crystal next to the pitcher is fine. You can drink the water throughout the day or if you are travelling you can take it with you in another container. The water can also be used for cooking (another great way to integrate the energy), feeding pets, watering plants, washing your face, or even to rinse your clothes. Be creative. The more you use it, the more crystal energy you will bring to your life.

Bibliography

Hall, Judy. *The Crystal Bible: A Definitive Guide to Crystals*. Old Alresford: Godsfield, 2003. Print.

