

## Programming Crystals

In the mid-1980s, Carol was trained in crystal programming by well-known scientist Marcel Vogel, who copyrighted the process and results of crystal programming. In the many years Carol has worked with crystals, she has taught many about the numerous things that quartz crystals can be programmed to do, and the process that anyone can follow to program their crystals. They have a lattice shape, and thus can hold an extensive amount of information. They can magnify energy (both positive and negative, so be sure to specify only positive), draw pain out of an area, bring healing to an area, store information, etc. It is important to note that only single pieces of crystal, rather than clusters can be programmed.

Before you program your crystals, it's important to cleanse the crystals of any residue or negativity. To do this, combine iodized table salt and water in a bowl large enough for the crystal to be completely submerged. Leave your crystals to soak at least 24 hours, or longer if desired.

To program the crystal, hold your stone in your right hand. While holding the stone, visualize God's pure love filling your body as you breathe in deeply. Once your lungs are full, bring the intention of your programming to the front of your mind. Whether it be healing, magnifying positive energy, or storing information, concentrate fully on this intention and exhale sharply through your nose. Your crystal is now programmed!