



CRYSTAL CARE GUIDE

shamansisters.com



STEP 1: Cleansing Your Stones and Ascension Jewelry

Crystals and gemstones absorb energies from you and the environment. To maintain their high vibration, they need to be cleansed of these energies.

Work with any one of or all three cleansing practices below;

1 - Running Water

Hold your bracelet under purified and clean running water for 1-2 minutes.

2 - Smudging

Burn white sage leave and let the smoke blow under the jewelry for 1-4 minutes.

3 - Salt

Cover the jewelry in the table salt, overnight.

NOTE: Some people recommend cleansing with salt water, however this can be harsh on the crystals. We recommend cleansing with dry salt.

*Don't forget to activate and program/reprogram your stone or ascension jewelry after cleansing.

STEP 2: Activating Your Stones and Ascension Jewelry

Crystals and Gemstones come from the Earth and are alive. To remain alive, they need energy.

Work with the Sun to activate your stones and ascension jewelry;

1 - Sunlight

Leave your stone or ascension jewelry in the sunlight for sun-up to sun- down or a full 24hours.

STEP 3: Programming Your Stone and Ascension Jewelry

Crystals and Gemstones have the ability to amplify energy. When programmed with specific intentions, they will begin to emit the intention they're programmed with until they are cleansed and reprogrammed. Each piece can be programmed with up to 5 intentions.

Follow the instructions below to program your stones and ascension jewelry;

1 - Cleanse your bracelet

See cleansing guide above.

2 - Clarify your specific intention(s)

Examples of Intentions: for grounding, for clearing space, for healing, for motivation, for activating my heart chakra, for supporting my relationship etc.

3 - Sit quietly with your stone or ascension jewelry and take a few deep breaths in and out through your nose.

4 - State your intention out loud or in your head. Repeat it several times, until you intuitively know that it has registered in the stone.

You may feel a shift in the vibration of the stone or simply just know that it is programmed. Don't over-think it. Trust in the process.