

WORKING WITH CRYSTALS

GUIDE TO CHOOSING, CLEANSING, ACTIVATING,
CHARGING & PROGRAMMING YOUR CRYSTALS



FREQUENCY ALCHEMY

Where Science Meets Soul

www.frequencyalchemy.co

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INTRODUCTION

Beautiful soul, welcome.

Crystals have fascinated humanity for thousands of years. From ancient civilisations to modern technology, they have been valued for both their remarkable natural properties and their beauty. Quartz, for example, is piezoelectric, meaning it vibrates at a remarkably stable frequency and is used in watches, computers, mobile phones and medical equipment around the world.

Within the Frequency Alchemy Method, crystals are viewed as companions on your journey of self-discovery. They provide a focus for intention, helping you become more present, connected and aware. Whether you're completely new to crystals or already have a growing collection, this guide will teach you how to choose, cleanse, activate, charge and programme your crystals so you can build a meaningful relationship with them.

Remember, there is no perfect crystal, only the one that feels right for you

Lula



CHOOSING CRYSTALS

One of the questions I'm asked most often is, "How do I know which crystal to choose?"

The answer is surprisingly simple: trust your intuition.

Crystals come into our lives in many different ways. You may discover one while walking on a beach or in nature, receive one as a gift, or find yourself standing in a crystal shop wondering where to begin.

Rather than trying to memorise what every crystal is traditionally associated with, begin by becoming still.

Take a slow, deep breath. Place one hand on your heart. Ground yourself for a few moments before opening your eyes.

Notice which crystal naturally catches your attention. Often, the crystal you're drawn to is the one that resonates with what you need most in that moment. You may be attracted to a particular colour, shape or texture. Later, when you discover its traditional properties, you'll often find they align beautifully with what you're experiencing in your own life.

If you're looking for something specific, don't be afraid to ask someone in the crystal shop for guidance. Listen to their suggestions, then return to your own intuition and choose the one that feels right for you.



CHOOSING CRYSTALS

You can also use a simple body awareness exercise known as the sway test.

Hold the crystal gently and ask yourself, "Is this the right crystal for me?" As you become more connected to your body's subtle responses, you may notice yourself naturally leaning forwards or backwards. Like all intuitive practices, this becomes stronger with time and practice.

The more you learn to trust yourself, the more naturally your intuition will guide you.



PRACTICE

Visit a crystal shop or browse your own collection without reading any labels.

Take three slow, grounding breaths.

Place one hand on your heart.

Notice which crystal naturally draws your attention.

Hold it for a few moments and observe how you feel.

Write down why you think this crystal chose you at this moment in your life.

Reflection

What qualities do I feel this crystal is inviting me to develop?

CLEANSING

Before working with your crystal, it's essential to cleanse it.

Crystals absorb and hold energy from the people and environments they encounter.

Cleansing is a simple ritual that refreshes your crystal before beginning a new intention and gives you a blank slate to work with.

There are many ways to cleanse your crystals.

You might choose to:

Pass the crystal through the smoke of palo santo, copal, mugwort or sage.

Use a crystal cleansing spray such as Frequency Alchemy's Essence of Cleanse.

Place your crystal in seawater or salt water (only if the crystal is water-safe).

Rest smaller crystals in a selenite bowl, as selenite is traditionally regarded as a self-cleansing stone.

Use visualisation by imagining brilliant white light surrounding the crystal, clearing away any stagnant energy before filling it with fresh light.

Choose whichever method resonates with you.

Remember: Not every crystal can safely be placed in water or salt water, so always check first.



CLEANSING



PRACTICE

Choose one cleansing method that resonates with you.

As you cleanse your crystal, repeat silently:

"I lovingly clear this crystal of any energy that no longer serves its highest purpose. May it now be refreshed, balanced and ready to support my highest good."

When you've finished, simply notice how the crystal feels in your hand.

Reflection

Did the crystal feel any different after cleansing?

ACTIVATING

Many ancient cultures incorporated crystals into sacred ceremonies and rituals.

Traditionally, crystals were often connected with the natural elements, earth, water, air and sound, to awaken their symbolic energy before they were used.

One of the simplest ways to activate your crystal is through vibration.

You can place it beside:

- Crystal singing bowls
- Tibetan bowls
- Prayer bells
- A gong

Allow the sound waves to gently surround the crystal for a few moments while you remain present with your intention.



ACTIVATING

PRACTICE

Sit quietly with your crystal.

Play a singing bowl, tuning fork or calming frequency music.

Hold the crystal close to the sound for two to five minutes.

Close your eyes and simply observe any sensations, emotions or thoughts that arise.

Don't force an experience, just remain open.

Reflection

What did I notice while activating my crystal?



CHARGING

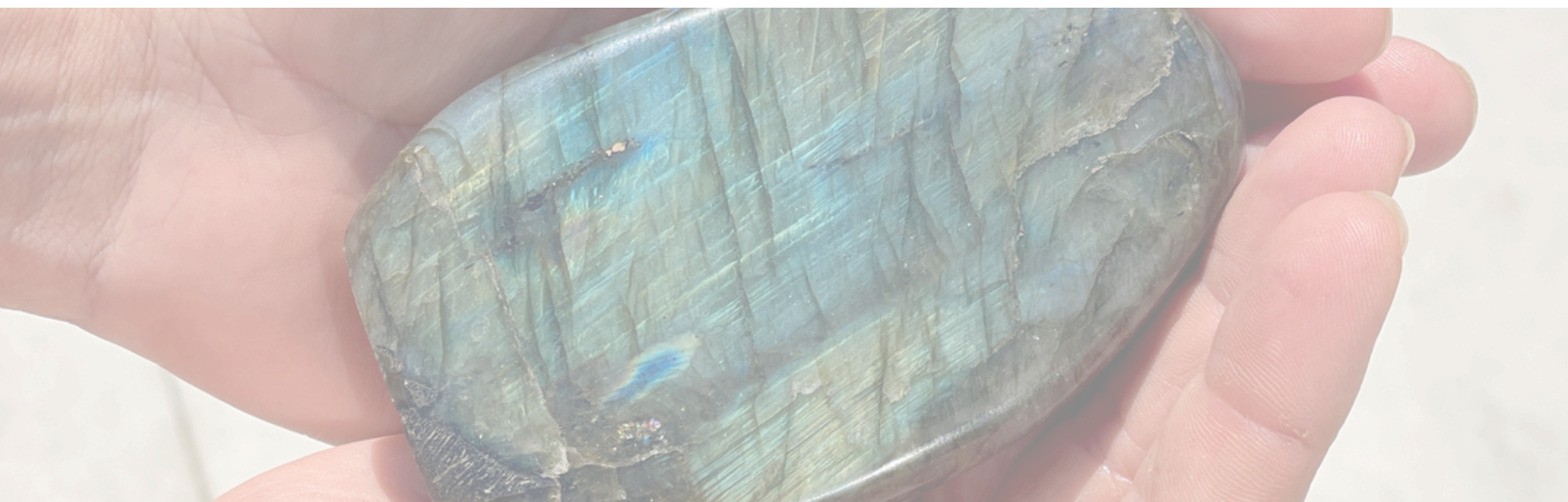
Once your crystal has been cleansed and activated, it's ready to be charged.

One of the easiest methods is to leave it in natural sunlight for a short period.

Be aware that some crystals, such as fluorite and amethyst, can fade if left in strong sunlight for extended periods.

Many people prefer charging crystals beneath the moon, particularly during the Full Moon, when lunar energy is traditionally associated with renewal, clarity and amplification.

Choose the method that feels most aligned with your practice.



PRACTICE

Choose one charging method. As you place it down, say:

"May this crystal be filled with light, harmony and the highest vibration for my greatest good."

Reflection

How do I feel when I reconnect with my crystal after charging it?

PROGRAMMING

Programming is simply the practice of setting a clear intention for your crystal. The clearer your intention, the easier it becomes to focus your thoughts and energy.

Hold the crystal comfortably in your dominant hand.

Take several slow, deep breaths. Ground yourself.

If it feels right for you, connect with the Earth beneath you, the sky above you, your higher self, Spirit, your guides, angels or ancestors. Invite whatever guidance and protection resonates.

Now become clear about what you would like support with.

Perhaps you wish to cultivate:

- Love
- Confidence
- Healing
- Courage
- Peace
- Abundance
- Clarity

Repeat your intention quietly in your mind while imagining your heart radiating light into the crystal held in your hand.

Visualise this light filling every part of the crystal with your chosen intention. Continue for around 30 to 60 seconds, or until you intuitively feel complete. When you're ready, take one final deep breath, thank the crystal, release the intention and trust the process.

Your crystal is now ready to accompany you in your daily practice.



PROGRAMMING



PRACTICE

Take your crystal into a quiet space. Complete the following sentence:

My intention is...

Write it here:

Hold your crystal over your heart. Take several slow breaths.

Visualise golden light flowing from your heart into the crystal while repeating your intention around twenty times.

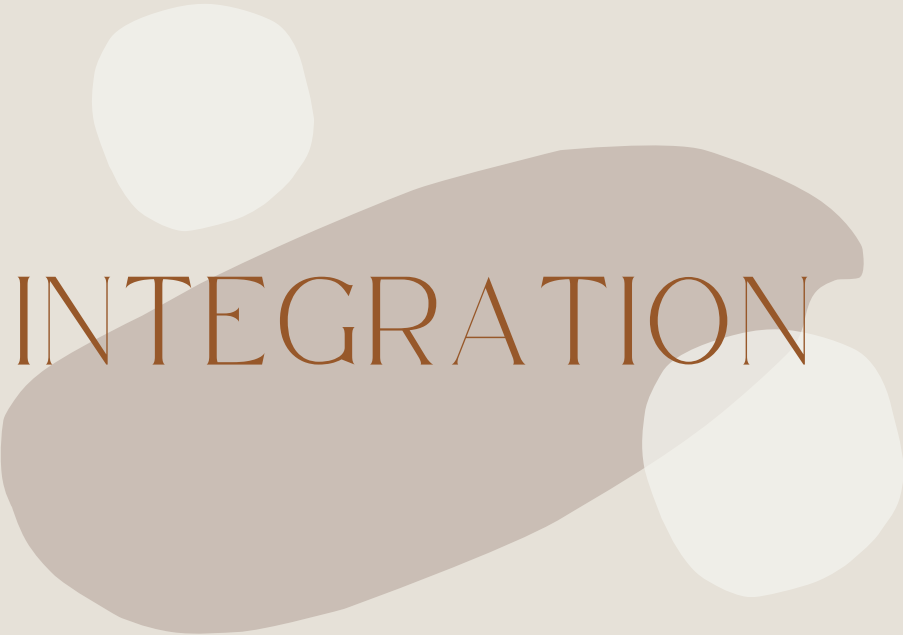
When you feel complete, finish with gratitude.

Reflection

What intention have I programmed?

Where will I keep this crystal?





INTEGRATION

Over the next seven days

Carry your crystal with you each day or keep it somewhere you'll see it regularly.
Whenever you notice it:

- Pause.
- Take one slow breath.
- Reconnect with your intention.
- Notice how you're feeling in that moment.

At the end of the week, journal:

- What changed this week?
- Did I feel more connected to my intention?
- What surprised me?
- Which crystal would I like to work with next?

In Resonance

Lala

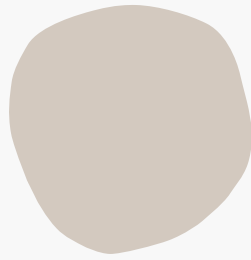
JOURNAL

Transformation doesn't happen by simply reading. It happens through awareness, intention and consistent practice.

Use this journal to record your experiences, insights and observations as you work with your crystal. There are no right or wrong answers; this is your personal space to reflect, notice subtle shifts and deepen your connection with yourself.

Return to these pages often. Over time, you'll begin to see patterns, growth and the beautiful evolution of your own Frequency Alchemy journey.

Your Notes



NEED MORE INSIGHT OR SUPPORT?

THE FREQUENCY ALCHEMY METHOD

If you've enjoyed this guide and would like to explore your energy on a deeper level, take our [Frequency Alignment Quiz](#) to discover your current energetic state and which practices may best support your wellbeing and vibration.

Whether you're seeking more balance, clarity, energy, peace, or emotional alignment, the quiz is designed to help guide you toward the next steps on your journey.

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We also offer a range of frequency-based products, Bioresonance Therapy & other treatments plus immersive experiences to support your wellbeing, healing, and energetic alignment which you can find in our Store at www.frequencyalchemy.co



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