

# Charging Water with Crystals and Intentions

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, a 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 [Garnet](#) or [Citrine](#) could be used. To increase the effectiveness of your immune system, [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 the Healing Crystal's guide [http://www.healingcrystals.com/Crystal\\_Helpers--Physical\\_Issues\\_Articles\\_1020.html](http://www.healingcrystals.com/Crystal_Helpers--Physical_Issues_Articles_1020.html).

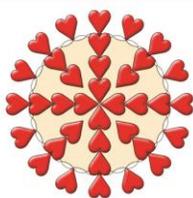
When choosing the amount of crystals, the general rule of thumb is one tumbled stone per pint of water. You can also use rough crystals instead of tumbled stones, but they must remain on the outside of the pitcher. For the sake of safety, the water being charged in this article will have the tumbled 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](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 it in the sun for ten to fifteen minutes.

The crystal(s) that have been charged 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. Imagine already having it and what it means to you.

The next step is to get a glass pitcher, a tall glass or clean glass jar. Fill the container with the purest water you can find. Tap water is fine if filtered water is not available. Find a spot where the water can receive sunlight. An hour or two is great, but if you only have 20 minutes that will do. Place the pitcher in the sun and put the crystal(s) 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.

- Lourdes Lebron



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