

Charging

*A simple guide to infusing tools, spaces,
and objects with intention.*

What is Charging?

Charging is the practice of directing energy into an item, space, or entity to fill it with your desired intention. This skill can be used to create talismans, home guardians, sacred spaces, and much more. Charging is a foundational practice for manifestation and intentional spiritual work.

“
*Charging helps
an object or space
hold the energy of
your intention.*
”



WHAT IT CAN SUPPORT



Talismans



Sacred spaces



Home guardians



Manifestation work

When to Charge

Moments when an item, tool, or space may benefit from renewed intention.



After cleansing a tool or item

Cleansing clears what no longer serves. Charging restores purpose and directs energy with intention.



When a tool or item's energy feels weak

If something feels "off," dull, or less effective, it may be ready for a recharge.



When a space feels empty or stagnant

Charging can breathe life, clarity, and vitality back into your space.



When you want an item to hold a certain intention or purpose.

Charge an item to align it with the intention you wish to call in or support.

“Charging can be used anytime you want to refresh, strengthen, or clarify an energetic purpose.”

How to Charge

A simple step-by-step practice for directing intention into an item, space, or entity.

1



Choose your target.

Decide what you intend to fill with energy.

2



Gather tools and ingredients that match your intention, such as herbs, crystals, or other supportive correspondences.

3



Place the item or target near your charging ingredients.

4



Focus your intention and direct the energy into the item, space, or entity you are charging.

5



Listen to your intuition.

It will often tell you when the item feels fully charged.

“
*For example,
if you want protective
energy, you might
place the item in a
bowl with salt,
obsidian, and
rosemary.*
”

Common Methods

Ways to energetically charge tools, objects, and spaces.



Sun and moonlight



Set an object in sunlight or moonlight and let it soak up that energy.



Crystals



Charged and cleansed crystals can be used to charge other items.



Herbs



Pass an item through herb smoke or anoint it with herbal oils.



Sound



Use singing bowls, bells, or music to fill an item or space with energy.



Visualization



Picture your energy and intention flowing into your item.



Elements



Use the power of any of the four elements to charge items.