

CRYSTAL CLEANSING

Why you Should Cleanse your Crystals

Crystals absorb negative energy so you need to cleanse them every so often to get rid of the negative energy they've stored.

How to Cleanse (PTO for more info)

You have a few options when it comes to cleansing that include using salt, water, earth, other crystal forms, smudging and visualisation.

After You Cleanse

After cleansing you need to recharge the crystal with positive energy and you can do this utilising sunlight or moonlight. Ideally sit them on your windowsill for 24 hours so both the sun and moon can charge them.

The best time to do this is at full moon, you can usually find when this is, in a paper diary.

Various Methods to Cleanse Your Crystals

Hold under cold running water (except lapis, turquoise, selenite)

Burn Smudging Sticks nearby

Visualisation - see your crystals in a ball of white light

Placing them in a pouch with a carnelian stone

Run them through the light of a candle

Breath - exposing your crystals to your breath

Place them in a Singing Bowl and create sound

Place them in a bowl of rice

Sound - chanting, drumming or using tingsha bells

Placing them on an amethyst bed, quartz crystal or geode

Bury them in the dirt

Burn incense nearby such as sandalwood or frankincense