

Notes on Cleansing Crystals

There are many different ways to cleanse crystals. Crystal Healers have varying opinions about methods.

Crystals being worn daily should be cleansed at least once a week

Crystals that are being used for healing should be cleansed with sound or smoke just before healing and ALWAYS after healing. During healing, crystals pick up and absorb negative energies that need to be cleansed.

Crystals that are placed in our environment, i.e. The bedroom, office, lounge etc need to be cleansed once a month.

IMPORTANT NOTE: Using dirty crystals during a healing will introduce unwanted, negative energies to their aura and could cause a healing crisis and imbalance.

Deep cleansing Methods:

Hold the crystal in cold running water, (spring water, if available) with the intention that the crystals inner harmony and balance is restored.

Place crystals in a bowl of spring water and add One drop of Bach Flower Remedy crabapple essence. This essence is extremely cleansing and restorative. The crystals will only need an hour and they will be back to their optimum sparkly best.

Bury your crystal in the earth or a flower pot for 24 hours.

Use white sage or another cleansing herb to smudge the crystal. (that is to pass the crystal through the smoke to cleanse) This method is good for crystals which would be damaged by water. Eg. Selenite, gypsum, celestite, some calcites and turquoises.