

Cleansing Crystals (continued)

Lighter cleansing Methods

Using sound is good with tingsha bells, drums, rattles or tibetan singing bowl. Just making the sound over the crystals will clear their energy field.

Use your breath. Visualise your breath containing cleansing white light and breath over your crystal with clear intention.

Exercise: read up on how other people cleanse their crystals - what do you find is most effective?

Charging Crystals

Charging methods allow a crystal to come up to its optimum balance after cleansing enabling full restoration of its energy. Remember that whatever methods you use for cleansing and charging will have an effect upon your crystal. For instance:

Charging the crystal under solar energy may give a more yang (male) energy.

Charging the crystal under the moon may lend a more yin (female) energy.

Charging by placing a crystal on a clear quartz cluster will imbue it with some of the clear quartz energy. Note: clear quartz amplifies energy.

Remember your intention when you are cleansing and charging crystals.