

Notes on Cleansing and Caring for Your Crystals

Crystals are like us, they need regular cleansing and care otherwise their energy becomes sticky and claggy. Crystals have an energy field around them just as we do and this picks up all kinds of negative energies especially when handled and used in our environment or for healing. If we use crystals that have not been cleaned, we are not getting the best from them, their energy will be out of balance. There are several ways to cleanse your crystals.

1. Place your crystals in a bowl of cold water to which one drop of Bach Flower Remedy crabapple essence has been added. (this essence is amazingly purifying and will aid the restoration of balance and harmony quickly to your crystal) Dry gently or leave to dry in the sunlight outside or even under the moon. This will charge up the crystal energy. Be careful with amethyst though as it will fade in bright sunlight.
2. Burn a leaf of white sage in a heat proof dish and pass the crystal gently through the smoke intending and visualising that it be cleansed and restored.
3. Use sound from a tuning fork, a tibetan singing bowl or some tingsha bells to cleanse the energy field around the crystals.

These methods will be safe for all the crystals you have been given. Some crystals such as calcites, turquoise, selenite and celestite should not be placed in water as eventually they will develop water marks and begin to dissolve!

Please do not put salt anywhere near your crystals!