

Cleansing Crystals

When crystals first come out of the ground, they may pass through many hands before eventually finding their 'home' - from the miner, packer, distributor, jewellery designer, wholesaler and so on.

Any crystal possesses its own unique vibration which can be effected by the energies in its environment, therefore, it is always important to fully cleanse any crystal before you start to use or wear it, to clear it of any unwanted energy and then to continue to clean them at regular intervals to maintain their purity. All of our crystal goods are fully cleansed and blessed before being dispatched, but regular cleansing is important to maintain their subtle vibrations and healing properties and to help you become attuned to them.

Some crystals require more regular cleaning, for example Smokey Quartz, which is a sponge for negativity, and there are a few exceptions which are self-cleaning, such as Kyanite.

There are many different ways to clean crystals, but we have provided a table of suggested methods below. Please note: some crystals must not be placed in water, such as Angelite, Turquoise, Kunzite and Selenite. If you are in any doubt we recommend using the Dry Brown Rice method. Alternatively you can contact us for advice. It is also good to repeat an affirmation over the crystal after cleansing, for example you might say, *'I ask that this crystal be cleansed and blessed so that it may release its subtle energies for the greater good of all. I ask that this be done with Love and Light'*.

Salt Water	Salt has been used for its cleansing and negativity absorbing properties throughout the ages. Place your crystal in a bowl of well-salted water for at least 4 hours, but preferably overnight. Any negative energy will be absorbed into the water, which when finished with should be washed down the sink so that the earth can absorb the negativity safely. Rinse your crystal briefly under running water and then dry with a soft, dry, lint-free cloth. Good method for Quartz crystals.
Moonlight	Leaving your crystals on a moonlit windowsill overnight can cleanse and charge them with the moon's gentle energy. Some crystals are more suitable than others, such as Moonstone, or any which has a very feminine vibration such as milky Quartz
Smudging	Another ancient, traditional method is the use of a smudging stick to cleanse crystals of negative energy (incense is a good substitute). This is a method favoured by the Native American Indians. Follow the manufacturer's guidelines for lighting the incense stick or smudge, then hold the crystal in one hand whilst passing the stick up and down the length of the crystal in a spiral pattern. Be very careful not to burn yourself and ensure that the incense or smudge stick is properly extinguished after use. This method uses the energy of fire (albeit smouldering) plus the sacred scent of the smudge or incense (regular burning of incense can raise the vibrations in your home).
Dry Brown Rice	Use <u>dry</u> , uncooked, organic, brown rice and fill a bowl large enough to accommodate your crystal(s). Gently place the crystal on top of the rice and leave for at least 4 hours, but preferably overnight. As with the salt water method, any negative energy will be absorbed into the rice, which when finished with should be safely disposed of in a waste bin - most definitely not cooked and eaten or you will absorb all of the cleared negativity!
Reiki	If you have completed your Reiki II, a very effective way to clean and charge your crystals is to programme them with the Reiki symbols. Hold the crystal in your left hand and draw the symbols over it using your fire finger (middle finger) on your right hand. This process can be repeated as often as you feel necessary. If you wish to clean a large number of crystals at once, place them on a clean white cloth or sheet and draw the symbols over the entire group.
Running Water	Especially good method, again, for the Quartz family (Amethyst, Rose Quartz, Citrine, Clear Quartz). Hold your crystal under running water for a few minutes to wash away any negative energy. It is advisable to place a cloth in the bottom of the sink to protect the crystal in case you accidentally drop it. Dry with a soft, clean, lint-free cloth, or if it is a warm, sunny day, you can let it dry naturally outside.
Sunlight	Clear Quartz in particular loves sunlight. In the warm summer months you can place your Clear Quartz crystals outside in your garden in a safe place away from children and pets. If you don't have access to a garden then a sunny window sill is just as good. This is also the best way to let them re-charge during the winter months. Other crystals can be cleansed and charged in sunlight but be aware that they may be prone to fading, especially if they have a strong colour like Brazilian Amethyst, so short periods of exposure are advisable with coloured crystals.