

## 5 ways to cleanse your crystals

You might have heard people talk about ‘cleansing’ their crystals. This is important as crystals absorb the energy that surrounds them, therefore cleansing them releases the energy from the crystal and you can then set an intention for how you want to work with the crystal, i.e. you may set an intention for the crystal to help you heal your heart chakra, or to help you bring in more wealth.

Here are five ways to cleanse your crystals. As with everything spiritual, intention is key so you will also need to set an intention to cleanse the crystal. Say these words out loud, or in your head ‘I cleanse this crystal of all energy’ whilst you do one of the following:-

1. **Bathe the crystal in moonlight:** Put your crystal outside if you can, to absorb the moon’s cleansing energy at night. Alternatively, place it on a windowsill.
2. **Hold the crystal under running water for 1 minute:** This is a quick and easy way to cleanse your crystal. Be sure to check the Mohs scale first as some crystals are not suitable to be cleansed in water due to their softness – you can find more information on the Mohs scale with a quick search on google.
3. **Use sound:** Singing bowls are very popular for sound cleansing. Simply hold the bowl over the crystal, strike it with a beater and allow the sound to wash over the crystal. You can also place the crystal inside the bowl and make it ‘sing’ by rolling the beater around the outside surface. Singing bowls can be purchased online or at your local holistic shop. You can also use a drum, your voice or even clapping your hands over the crystal.
4. **Use smoke:** Many people burn sage, but you can burn other herbs or incense if you prefer; it’s the smoke you are after. Palo Santo wood is another good choice, it smells beautiful, and is less pungent than sage. Simply set light to your herbs in a fire-proof bowl, or light your incense. Pass the crystal through the smoke and say your cleansing intention as you do so. This takes no more than 1 or 2 minutes. If you choose to burn Palo Santo wood sticks, light the stick then blow it out to set the smoke going. Ensure you have a fire-proof bowl or abalone shell to hold it in and catch the ash.
5. **Use other crystals:** Some crystals have a cleansing effect and can help to clear others. You’ll often see tarot readers with a piece of clear quartz on their tarot decks to keep the cards clear of energy. Simply place a piece of clear quartz on top of the crystal you want to cleanse. Selenite is another good choice, you can purchase items made from selenite especially designed for cleansing. The photo on my website shows my selenite bowl and bar, both are used for cleansing my crystals. These are available to purchase from crystal shops or online.



### Further learning

If you subscribe to my website you will have access to a members-only area of the site with more information about crystals. Simply visit my website and click the Blog page, you will be prompted to subscribe by entering an email address or using your Facebook or Gmail details. Once logged in, you will see a 'Members-Only' tab in the main site menu.

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