

Cleanse & Charge Your Crystals

Sunlight/Moonlight – High energy rays are a powerful point in the solar and lunar cycle, and it works wonders for purifying and charging your favorite crystals, too. Be mindful of some crystals that can become faded with sun exposure. Place the crystal outside on the ground or a windowsill, overnight on the night of the full moon or in the high points of the noon hours, to cleanse and charge it with either solar or lunar energy.

Sun/Moon Water – Making your own sun or moon water is a wonderful resource for adding solar/lunar energy to your stones. You can place your crystals in this powered water for around an hour, or pour the charged water over your crystals. Be sure to only do this with stones that can tolerate getting wet.

Running/Rain Water – One of the simplest methods of cleansing your crystals is to run them under water or in the pouring rain for one minute at a time, moving your fingers over them to wash away any negative energy attached. Be mindful of which crystals cannot be exposed to water or are very delicate, and should avoid any moisture.

Wet/Dry Salt Bath – For those crystals that can be submerged in water, take a teaspoon of rock, pink Himalayan, sea, or normal table salt and add to a bowl of water to rest. You may also use dry salt in a bowl or plate to set your crystals in, or bury in. Be mindful of sensitive stones that can be easily scratched, or cannot be soaked in water as above.

Visualization – The power of visualization and using your thoughts to cleanse and charge your crystals can be a super powerful way of ridding any attached negative energy and bring high positive energy to it. Hold each crystal in your dominant hand as you meditate and imagine a bright white light surrounding it as you manipulate it in your hands. You should be able to feel the crystal become lighter, which is an indicator it has been cleansed.

Breathwork – Your breath can be used for cleansing crystals. To clear a stone using your breath, you must first clear your mind of any outside thoughts. Hold the crystal in your dominant hand, take a deep breath while focusing on your intentions, exhale forcefully in quick bursts to blow away the negative, unwanted energy. Continue for approximately 30 seconds.

Earthen Burial – Placing your crystals in the ground or burying them will both cleanse and charge your stone with the powerful properties of the earth in which it grew. Find a safe and sacred spot for burying your stone, at the roots of a favorite tree or even in your own garden. Bury them in the soil (only a few inches deep is necessary). Leave for a minimum of 24 hours or up to three days, even longer for stones that need a thorough and complete recharge of energy. Can be placed in a protective container, just don't forget where you buried them!

Saging/Smudging – Using sage, Palo Santos, incense, or other smoking herb to cleanse and charge is a great way to restore a crystal's natural energy. Pass the magical smoke around the crystal so that it encompasses it while listening to healing music or chant your favorite affirmation or spell. Peak time to do this practice is around the time of a New/Full Moon.

Fire – Use a candle flame to charge your crystal. Simply pass your stone across the flicker of the flame or in the smoke of a small fire to instantly burn off that old energy and fill with new. Of course, be careful not to burn yourself and remember the stone only needs a fraction of a second with the smoke or flame.

Sound Bath – Certain sound frequencies can be used to wash over your crystals and bring it into a new vibration, and is an excellent no risk way of cleansing and charging your stones. Fast and effective (5 minutes or so), a wonderful method for those who have a whole heap of crystals that would take forever to cleanse and charge individually. Use chanting, tuning forks, the sweet pitch of a singing bowl, bells or healing music to reach a vibration that encompasses the stones and charge with high positive energy.

Selenite/Other Crystals – Selenite, Quartz, and specific crystals can alternatively spark the power of other crystals, and is a pure and fuss-free way of letting your stones heal each other and share energy. Simply rest the little gems on top of the larger stones so they touch, or create a crystal grid that points them toward the one that needs charged. Leave them to mingle with each other's moods for six hours to overnight. Crystals hum off high vibrations and are sponges for energy.

After your session, your stone should feel lighter in the hand and less weighed down. Again, intuition is always your best guide when dealing with the divine. Crystals do the heavy lifting when it comes to energy work and as a result, they can get clogged up or energy heavy. Giving them a cleanse and recharge helps them to dump all that collected energy and clears space so they can keep up the good work.

Share with us your favorite way of cleansing your crystals!



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