

Crystal Cleansing Guide

We are taught that crystals are like sponges- absorbing energy until they are filled, then releasing energy until they run out; hence, the concept of needing to "charge" them. But, crystals are not sponges. Sponges are not oscillators.

Crystals have a continuous, uninterrupted flow of energy to draw upon, as long as they are vibrating at their natural frequency" (Crystal FAQs)

Crystals are pieces of the Earth's DNA and each crystal has its own unique essence. It is important to build a relationship with your crystal(s) and ensure they are clean, both physically and energetically.

External energy can get stuck to crystals, there are so many energetic frequencies all around us, it is vital to ensure your crystals are cleansed when you feel they need refreshing. Take care to store your crystals somewhere they will not get damaged or be in contact with constant sunlight (this can fade certain crystals colour). I keep my crystals that I am not using or displaying in a wooden box with a soft cloth underneath them. Here are a few ways I like to cleanse my crystals;

Sound is a wonderful way to cleanse and balance the vibration of your crystals, if you sing (any melody or sound that feels good) or chant 'Om' whilst holding the crystal you are not only toning your vocal chords but you are clearing your crystals too! Sound is a free and reliable way to cleanse any stuck energy. You can cleanse crystals whilst listening to different solfeggio frequencies too.

Smoke cleansing is a refreshing way to cleanse crystals. You can light a sacred piece of wood such as palo santo or scottish pine, a herbal smoke such as sage, lavender or a combination of your favourite clearing herbs. Simply light some herbs, an incense stick or your piece of wood and set your intention to clear and cleanse your crystals, with the smoke washing away any energy that is not of their natural vibration. Ensure the materials you buy are responsibly sourced.

Water is one of my favourite ways to cleanse crystals and I particularly love to do this around the full moon. The moon is a watery feminine energy and it feels very potent to cleanse my crystals in a salt water bath under the full moon light. Simply place your crystals in a bowl of filtered salt water and leave them somewhere the moon can shine on them! If you live close to the ocean you can cleanse your crystals in the fresh sea water (wash off the salty water afterwards to protect them). Be careful as some crystals can soften and become damaged from being submerged in water these are typically crystals ending with the suffix 'ite' for example kyanite.

Moonlight is an effective way to cleanse crystals and begin to tune in to the rhythms of the moon cycles each month. You can place your crystals outside on a tray during a full moon when the light is the brightest. You can also leave your crystals on a moonlit windowsill to absorb the moon's light and clear and cleanse your crystals.

Visualisation & intention is a great technique for cleansing. Just like sound it is completely free and reliable. It will also help strengthen your unique connection with your crystals because you will feel when they have been cleansed. A way that I like to do this is to close my eyes, take some deep breaths and centre myself, then hold my crystals and visualise a white light coming down and washing over them, completely cleansing and clearing their energy. I will hold this visualisation until I feel they are refreshed and clear.

With practice and a combination of any or all of your favourite techniques you will begin to really notice when your crystals feel clear and cleansed and when they need some extra care!

