



Crystals are thought to promote the flow of good energy and help rid the body and mind of negative energy for physical and emotional benefits. Each type of crystal is filled with their own healing abilities for the mind, body, spirit & soul.

Crystals are very effective at healing because they can pick up or absorb subtle negative energies, imbalances and psychic debris and remove them on your behalf. However, the downside is that they can then get overloaded and need to be purified from time to time. Just like you feel better after a bath or refreshing vacation, your crystals need a regular trip to the crystal "spa" too.

9 Safe Ways to Cleanse

**WATER * MOONLIGHT * SOUND * SUNLIGHT * NATURE
STARLIGHT * CRYSTALS * SMOKE * INTENTION**

You can choose a method that suits your environment, personal preference and weather. And you can change up your cleansing routine and see what works best for you. Make your Crystal Cleansing Ritual a special one for yourself too and enjoy the experience. Be sure to state your intention that the stones be cleansed of energies picked up during the healing process and bless them with a sense of gratitude and wonder.



Water works best with polished stones, never rough or natural stones or geodes. Use methods below like moonlight or smoke for rough or delicate crystals.

The water method we recommend is dipping the crystals in a bowl of plain water or hold for a moment under running water. In any case, we NEVER use salt water on our crystals as the dissolved salt can penetrate microscopic fissures and eventually weaken the stone as well as take the shine off of the stones. You can dedicate a few polished stones like Rose Quartz, Aquamarine or Lapis to use in your bath, knowing that eventually their shine may become dull. However, the crystals know they are here on your behalf, so they won't mind if their become a little washed out if they are dedicated bath crystals.



Moonlight is a favored and safe way to cleanse any crystal type, rough or polished since they do not come into contact with anything except soft moonlight. There is a 9 day period during the moon cycle (waxing Gibbous, Full Moon and waning Gibbous) where there is sufficient moonlight to cleanse them. However, it is possible to use any phase of the moon if you are practiced at calling in subtle energies. Place your crystals outside on a table or near a window that is bathed in moonlight for a few hours. Make sure dew does not get them wet. In the morning your crystals will be ready to go back to work.



With intention, reverberating sound can be used to cleanse crystals. You can use any of a variety of instruments. We suggest a tuning fork, singing bowl, bell, chime, tingsha or your own voice chanting a prayer or mantra. Allow the sound to wash over the crystals and actively visualize them releasing old energies on the sound waves. We also have clients who play music to the crystals on a flute, violin or piano. You can be very creative in this process and make it an enjoyable ritual for yourself too using your favorite music.



Sunlight is a powerful Crystal Cleanser, but only for certain types. There are a few crystals that will fade (just like some fabrics) with continued exposure to sunlight such as Ametrine, Aventurine, Apatite, Amethyst, Aquamarine, Beryl, Citrine, Calcite, Celestite, Chrysoprase, Kunzite, Sapphire, Fluorite, Rose Quartz, and Smokey Quartz. To be safe do not place these in sunlight for more than a few minutes. Also be aware that Clear Quartz can heat up in direct sunlight and amplify the sun's rays where it can start a fire if the crystal is on paper, wood or some other combustible material. Otherwise, sunlight is an excellent cleanser but just like your skin, too much of it can cause a "crystal sunburn."



Crystals enjoy a visit to the woods, sitting on a tree branch, by a waterfall or stream, or just a fresh air environment. Protect them from dampness, too much sun or damage from falling. If you enjoy a visit to Nature, your crystals will too. And sometimes your own backyard will be the perfect place. If the air is polluted with an inversion, smoke or other irritant, wait until the air is clean to put them out. Although some people like to bury their crystals in the Earth for cleansing, we suggest doing this with caution, keeping the crystals dry and marking the spot where they are buried as to not lose them.



This is a little known, but most powerful method of cleansing crystals. The energy of planets, stars, constellations, galaxies, comets and other celestial bodies affect humans too, so take advantage of the night sky to bring new life to your crystals. This is a technique that can be coupled with guided meditation to bring in the more subtle energy of the Cosmos.



The most powerful self cleaning crystals are Clear Quartz and Selenite. They never need cleansing themselves and can provide a cleansing platform for crystals that need refreshing. Just place your crystals on top or right next to the Quartz or Selenite so they are touching in some way. Leave them overnight or as long as you deem necessary. This method is ideal when weather does not permit outside cleansing.



Many people favor the smudging technique with smoke from Sage, Palo Santo, herbs or incense. You can do smudging regardless of weather or time of day. It smells wonderful and the ritual of fire sets a sacred tone in the space. Smudging requires some planning and practice so do this as a ritual when you have a little time to do it thoughtfully.

- Be sure to open windows as to not set off any fire alarms and to let the negative energy out while allowing the positive in.
 - Use a fireproof shell or dish to catch any burning embers or ash.
- Light the sage and let it catch fire until enough has burned to start smoldering. You can use a candle, lighter or very long match to start it burning.
- Lay the bundle or wood into the shell and as the smoke rises up you can start your smudging ceremony.
 - First sage yourself with a purification intention. Head, toes, front, back.
 - Sage the room – at a minimum the entry and 4 corners.
- Sage the crystals. Either move the crystal through the smoke or use a feather fan or your hand to direct the smoke toward the crystal.
- Visualize the smoke as a vehicle for your intention. If you are wanting to cleanse any negative energy, see that negativity evaporating with the smoke as it rises up and disappears into the air. Same thing with healing, see the illness or imbalance move away. If you want to cleanse the crystals so that they can start doing their work on your behalf then state your intention that the crystals be cleansed of any old energy and be refreshed and ready to work.
- You can add chanting or a prayer or first honor the 4 directions. Create a ceremony that is meaningful to you and your spiritual heritage or learning.

Here is a prayer to inspire you:

"May this Sacred Sage smoke wash away and cleanse any negativity, malevolent spirit, harm or painful memory from this person, crystal and space. May this Sacred Smoke spiral to the heavens with my prayers for healing, kindness, love, health, forgiveness, prosperity, right living and the best things in life for all. So be it!"



If you are an experienced Meditator, Reiki Master, Psychic, Shaman, Energy Worker or Healer, you can project pure intention, prayer or mantra into the crystals to cleanse them. You will be able to feel energetically when they are sufficiently cleansed and ready to go back to work. Use any type of practice that you are familiar with to remove psychic debris from your Crystals. We like this method as it is easily used on an everyday basis and when it is not possible to move heavy specimens or when time is limited.