

# INSIDER 101 ENERGY CLEARING GUIDE



How to cleanse your crystals, clear your tarot cards, and smudge your space for balanced, refreshed energy.

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# WHY CLEAR ENERGY?

**Just like physical clutter, emotional experiences, stress, and interactions with others can contribute to an accumulation of energy. This energy, which forms the human energy field (HEF), is often described as a 'luminous field of energy'. While the concept of the HEF may not be universally accepted or scientifically proven, those who study or work with this idea often claim that they can see or sense it. Engaging in energy clearing practices can help you release this buildup, leading to a lighter, more focused, and aligned state of being.**

**[Source](#)**

# SECTION 1: CLEANSING YOUR SPACE

Sage Smudging (or Palo Santo, Incense)

Purpose: Clears out negative or stagnant energy and invites balance and peace.

How to Use:

Light the tip of your sage stick until it starts to smoke

Blow out the flame, you're working with the smoke, not the flame.

Walk clockwise around your space, moving into corners, around windows, and across doorways.

Use a simple intention: Not required

"I clear this space of anything that no longer serves. Only peace and light may remain."

Waft the smoke around your body too, especially the head, chest, and hands.

Feel free to clap out the energy at the end; it really makes a difference.

# SECTION 1: CLEANSING YOUR SPACE



## IMPORTANT SAFETY TIP



Always place burning sage in a fire-safe dish like an abalone shell or ceramic bowl.



Never place it directly on surfaces like carpets or wood, it can burn straight through and cause a fire.



 Open windows or doors to allow energy and smoke to exit the space.

# SECTION 2: CLEANSING & CHARGING CRYSTALS



## Cleansing Methods:



Smoke Cleansing: Pass crystals through sage or palo santo smoke.



Saltwater Bath (use with caution):

Only use this for hard crystals like quartz or amethyst.

✗ Do NOT use water for soft or porous crystals like:

- Selenite
- Malachite
- Lapis Lazuli
- Calcite
- Halite
- These can disintegrate, rust, or become damaged in water.

## SECTION 2: CLEANSING & CHARGING CRYSTALS



Sound Cleansing - Use a singing bowl or tuning fork to bathe the crystal in vibration.



Earth Burial - Bury your crystal in the soil overnight to reset it (wrap in cloth if needed).

# SECTION 2: CLEANSING & CHARGING CRYSTALS



## Charging Crystals



Full Moon: Place them on a windowsill or outside under the moonlight overnight to absorb lunar energy.



Sunlight: A few hours in direct sunlight can energize them.

✗ Avoid sunlight for crystals like amethyst or rose quartz—they may fade.



Selenite Charging Plates: Lay smaller stones on a selenite slab or bowl overnight.



Intention Charging: Hold the crystal and focus on what energy you want it to hold.



# SECTION 3: CLEANSING YOUR TAROT OR ORACLE CARDS

## **Why Cleanse?**

Cards absorb your energy and the energy of your readings. If they feel heavy, unclear, or “off,” it’s time to cleanse.

## **Simple Ways to Cleanse:**

Knock 3 Times – Hold the deck in your left hand and knock on top with your right knuckles to knock off lingering energy.

Smoke Cleansing – Gently pass your cards through sage or incense smoke.

Moonlight Charging – Lay the deck on a windowsill overnight during the full moon.

Crystal Placement – Lay clear quartz or selenite on the deck for a few hours.

## **Optional: Shuffle while saying:**

“I clear this deck. Only truth, light, and clarity remain.”

# SECTION 4: DAILY OR WEEKLY ENERGY TUNE-UP

2 minutes of  
breathwork

Quick intention  
("Peace finds  
me today")

Aura sweep  
with your hands  
or a feather

- **Weekly Ritual OR Monthly Ritual**

- Smudge your room
- Cleanse and recharge your crystals
- Clear and realign your tarot cards
- Open windows and let light in

# FINAL TIP



Energy work doesn't have to be dramatic; it just needs to be intentional. Whether you're using sage, moonlight, or your breath, you're telling the universe:



"I'm ready to feel good, clear, and connected again."

THANK

YOU

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