HOW TO CLEANSE YOUR CRYSTALS

METHOD ONE: WATER

**This method is not suitable for all crystals as some, such as selenite are water soluble. Please research regarding your individual crystal.**

A cheap and effective way of cleansing your crystals is to hold them loosely in your hands under running water. Whilst holding them, close your eyes and visualize the water cleansing your crystals taking any negative build up with it as it runs away. Be sure to visualize any negative energy being turned back into positive as it hits the ground so as not to pollute our lovely planet further. Leave your crystals to dry naturally in the sunshine or moonlight. If it is not convenient to place them outdoors, place them on a windowsill.

METHOD TWO: BURY IN THE GROUND

Bury your crystals in Mother Earth for 24 hours. This is a good way in which to rest any overworked crystals. However, you will need to have a good memory as to where you have buried them, alternatively you could bury them in soil within a pot.

METHOD THREE: SOUND

You can use sound by knocking together tow cymbals and holding them over the crystals allowing the sound to weave its way around the crystals. This can also be achieved with a singing bowl which can then clean multiple crystals at the same time. Sound is a ideal way to cleanse crystals which have been used for healing.

METHOD FOUR: SALT

Salt has historically been used to cleanse crystals. However, care needs to be taken as **salt is abrasive and can damage some crystals.** You can immerse them in salt water for 2-4 hours with care.

METHOD FIVE: SMOKE OR CANDLE FLAME

Pass crystals through incense smoke. Crystals can also be passed through the flame of a candle however, this can result in carbon deposits which may be difficult to remove.

METHOD SIX: HERBS

Crystals can be placed in a bed of dried herbs such as sage, thyme, rosemary and hyssop for a period of 12 hours.

METHOD SEVEN: LIGHT

Crystals can be placed in sunlight or moonlight however, some crystals such as amethyst do not respond well to light and can fade. Crystals such as rose quartz, amethyst, selenite and moonstone do better in the moonlight. They can be placed outside or on a windowsill which is exposed to the moonlight.

METHOD EIGHT: AMETHYST GEODES OR CATHEDRALS

An amethyst geode or cathedral can be used to cleanse and energize crystals. Smaller crystals or pieces of jewellery can be placed inside the geode or cathedral and left for a period of 24 hours.

METHOD NINE: SELENITE

Crystals can be placed on a piece of selenite and this will cleanse and charge your crystals. No need to worry about damage to your crystals and no need to worry about catching the full moon to charge them.

METHOD TEN: INCENSE

Incense is a gentle form of cleansing. Any incense can be used although incense blends such as sage and dragons blood are amongst the most popular. You can also use sage bundles.

FOR ALL YOUR CRYSTAL CARE TOOLS PLEASE VISIT OUR SHOP OR OUR FACEBOOK PAGE ‘The Silver Moon Shop’, ALTERNATIVELY MESSAGE US ON [silvermoonshop@outlook.com](mailto:silvermoonshop@outlook.com) and we can send you details. Items can be posted out to you.