

Crystal Care Advice

Crystals have the ability to absorb energy from their environment, which can occasionally result in them becoming energetically "clogged", similar to any tool that necessitates routine upkeep, crystals require cleansing to eliminate any negative energy they may have accumulated. This process is particularly crucial if the crystals are being used for healing purposes or have been in adverse surroundings. Cleansing eliminates unwanted energy, while charging their inherent vibrancy and effectiveness. Consistent maintenance guarantees that your crystals continue to serve as powerful instruments for healing, meditation, and personal development, enabling you to fully tap into their potential.

There are several ways to cleanse and recharge your crystals, a few are listed below:

Smudging:

Smudging involves using smoke from sacred herbs like sage, Palo Santo, or cedar to cleanse your crystals.

Light the herb, and pass your crystals through the smoke, allowing it to envelop them. This technique is excellent for removing negative energy and resetting your crystals. Smudging can also create a sacred space, inviting positive energy into your home or personal space.

The ritual of smudging not only cleanses your crystals but can also serve as a meditative practice for yourself. As you pass your crystals through the smoke, focus on releasing any negative thoughts or emotions. This shared cleansing process can strengthen the bond between you and your crystals, enhancing their effectiveness in your spiritual practice.

Sound Cleansing:

Sound waves have the ability to purify crystals by disrupting stagnant energy. With the use of a singing bowl, tuning fork, or even your own voice, you can create a sound bath that envelops your crystals. This approach is gentle and effective for all varieties of stones, providing a non-invasive method to eliminate negative energies.

Engaging in sound cleansing can serve as a profoundly meditative experience for both you and your crystals. As you generate sound, envision the vibrations permeating the crystal, dissolving any blockages and restoring equilibrium. This practice not only cleanses your stones but can also enhance your own vibrational frequency, fostering a sense of balance and tranquillity.

Sunlight and Moonlight:

Exposing your crystals to either sunlight or moonlight serves as an effective method for both cleansing and charging them. The energy from the sun is invigorating, while the moon provides a softer, more nurturing energy. To cleanse your crystals, place them outdoors or on a windowsill for several hours. However, exercise caution with sunlight exposure, as certain crystals may fade if left in direct sunlight for extended periods. For instance, amethyst can lose its rich purple colour if it is overexposed to sunlight.

Utilising moonlight, especially during a full moon, is an ideal opportunity for cleansing and charging your crystals. The energy during a full moon is at its highest, offering a potent yet gentle charge that can amplify the properties of your stones.



Ethereal Crystals and Reiki