

CLEANSING AND CARING FOR CRYSTALS

By Kay Zega

When you look at a crystal you might wonder why we have to cleanse them. Most of them certainly don't look dirty. However, you have to bear in mind that they work on an energetic level and you are not cleaning the surface of the stone but you are cleansing it of all vibrations that are inappropriate to you or the person you are trying to help. Also some mining methods mean crystals can be traumatised and need to be healed themselves before you can use them.

As soon as someone picks up a crystal it becomes attuned to them, to their particular biomagnetic field. It collects all sorts of energetic junk and it is important that you disperse this before you start to use the crystal. So how do you cleanse crystals?

There are a great many ways, including:

1. holding them under running water (mineral water is best) -
(but beware crystals like selenite will dissolve in water or be damaged by it)
2. over a candle flame or in the smoke from incense
3. immersing them in brown rice
4. using the sound of a Tibetan bowl, bell or chimes
5. visualising a bright white light cleansing the crystal
6. using Reiki symbols
7. burying them in the ground, etc, etc

My preferred method is INTENTION. I hold the crystal in my hand and say, silently or out loud, "I cleanse you of any inappropriate energies for the highest good".

Crystals should be cleansed on a regular basis (unless you are working with a specific crystal and need to keep it with you for some time. Only clean it when you have finished). If used to heal, crystals should be cleansed every time you use them. You will know when you need to cleanse them. They will tell you, in no uncertain terms.

After cleansing you can energise the stones. They like sunlight and moonlight. They like sitting on grass. You can place smaller stones on an amethyst geode.

Always care for your crystals. No one likes to feel unloved and your love will be returned ... in many astounding and unexpected ways!