

IX Crystals are incredibly giving. They share their beauty, and power, with their Keepers, seeking only to amplify humanity's best and highest potential. As you nourish your Crystals, they will nourish you.

Crystals fare best when they have a consistent opportunity to release information that is no longer useful.

Like us, they need to rest and re-energize.

This process is called cleansing.

All Crystals need to be cleansed, whether they are used in meditations, healing ceremonies, or are on display.

There are many ways to cleanse a Crystal. Some are listed here. Use your intuition to choose the process, and timing, that most resonates with you and your Crystal companion.

Set your intention to cleanse and recharge your Crystal, as you prepare your preferred medium and immerse your Crystal in rest.

When and how should I cleanse my Crystal?

As you build a relationship with your Crystal, you will tune into its needs. Be diligent. We recommend cleansing your Crystal at least four times a year during the change of seasons:

- Spring Equinox
- Summer Solstice
- Autumn Equinox
- Winter Solstice

Many Keepers cleanse more often, following the moon cycles. Trust your intuition. If your Crystal has been under heavy use and feels "full," don't wait. It's time to cleanse.

Cleansing Techniques

Moon Bath

Place your Crystal where it can spend a bit of time under the moonlight. A new moon brings a fresh start, while a full moon brings closure. Crystals resonate with the natural cycles of the moon, making it one of the most popular ways to cleanse and recharge a Crystal.

Sound Bath

A sound bath is uplifting for your Crystal, and you. Use tuning forks, bells, gongs, drums, chimes or a singing bowl as you bathe your Crystal in resonant sound vibrations for a few minutes. Chanting or singing works great too.

Smoke Cleansing

Many cultures traditionally use smoke for cleansing purposes. Burn incense or herbs in a small fireproof container. Use your hands or a feather fan to disperse the smoke around your Crystal. The smoke will also clear the energy of the room.

Crystalline Bath

Crystals can regenerate by being placed on or around cleansing Crystals such as Selenite or Blue Kyanite for 24 hours. Crystal clusters such as Clear Quartz, Citrine or Amethyst are also options.

Breath/Meditation

Intentional breathing through meditation is another cleansing technique. As you breathe, imagine a ray of white or golden light passing through your Crystal, collecting what is no longer needed, and moving it back into the Universe. You can also utilize other energy healing modalities, such as Reiki, to cleanse your Crystal.

Sun Bath

Sunlight is a powerful tool that amplifies the natural vibrations of Crystals. Crystals don't need much sun to experience the benefits. Place your Crystals in sunlight for no more than two hours. Be mindful of too much heat on bright, sunny days.

Water Bath

Fresh water from a river, lake, rain, or even the tap can absorb energies that need to be released. Immerse your Crystal in a water bath overnight, or hold it under cool running water for a few minutes. Salt water will also purify Crystals. Use ocean water or a mixture made from 1-2 tablespoons of salt completely dissolved in 8 ounces of water. Rinse your Crystal in clear water when done.

Soil Bath

Crystals can be buried in the earth, or even in a potted houseplant. The soil allows them to recalibrate to the vibration of the earth. Let them rest for a day or even a moon cycle. Be aware that soil may contain moisture that isn't appropriate for Crystals that are water sensitive.

Plant Oils, Flower Essences & Crystal Sprays

Crystals may be carefully passed through vaporized essential oils such as frankincense, sage or juniper. Crystal cleansing sprays made from flower essences are also readily available. Please note: some sprays and oils may not be appropriate for direct application to Crystals that are sensitive to liquids. However you may still use the spray or vaporized oil as a room air cleanser and the Crystal will benefit indirectly.