

How to Clear and Clean Crystals

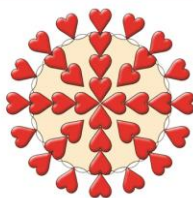
When first working with a crystal it is a good idea to begin by cleaning it. The goal is to remove any energy that might hamper its vibrations. The easiest way to clean a crystal is to place it in **moonlight** on a windowsill. **Intention** is the handiest method to clean/clear a crystal. Just hold it in your hand and imagine all negativity being washed away by your intention. Visualizing white light works well for many people as well. Hold the crystal in your hand and see/feel a white ray coming from your hand into the stone. For some people it will be easier to imagine it coming from the Third Eye Chakra. Do this for a few minutes or until the crystal feels energetically lighter or cleaner.

Burying a crystal in a potted plant is a convenient way to purify a stone. If the crystal is not that dirty just placing it above ground will do. If the crystal needs heavy duty cleaning, bury it in the dirt. If your crystal can be damaged by water don't use this technique, because the crystal will receive water each time you water your plant. Burying crystals in **salt** is a good option for many crystals. Place the stone (make sure it's dry) in a bowl and cover it with sea salt. If sea salt is not available, you can use table salt or Epsom salt. Leave the crystal in the salt for at least 20 minutes. If the crystal has absorbed much negative energy leave it in the salt for a day or two. After using the salt, throw it out; do not reuse it. This method will also work with rice.

Another method of clearing stones is to pass it through the **smoke** of a [Sage Stick](#), [Palo Alto stick](#), or incense. Light any of these in a heat-proof container and, as smoke is produced, hold the crystals approximately 6 to 12 inches above the source and let the smoke surround the crystal. Do this for a few minutes or until the crystal feels energetically clean. Running a crystal through cool **water** is favorite method due to the convenience. You can let cool water run over a crystal to clean it. It may take as little as a few seconds to 10 minutes. Be sure to dry the crystal thoroughly. Because some crystals can be harmed by water, such as Selenite, Calcite, and Rock Salt, always check your crystal's sensitivity to water before doing this. Geodes, cathedrals, and **clusters** may also be used to get rid of unwanted energies in the crystal. First make sure that the cluster you are using is clean itself and then place the crystal in it. I prefer Clear Quartz Clusters for most crystals. The cluster must be bigger than the crystal it is cleaning. Leave the stone being cleaned on top of the cluster for a day or two.

Using **sound** can clear minerals of negative energy quickly. A [tuning fork](#) can clean crystals by gently using vibrations. Hold the tuning fork in your hand and ding the crystal in your other hand. Slowly move the tuning fork in a counterclockwise direction around the stone until it stops vibrating. This may be done twice more if the crystal needs more cleaning. [Pendulums](#) are a convenient way to release psychic energy from stones. Hold a pendulum that has been cleaned above your crystal and the crystal will rotate either counter clockwise, up and down, or left to right based on what your pendulum designates a "no" sign. When it is done cleaning it will then go in the opposite direction and will infuse the crystal with positive energy.

- Lourdes Lebron



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