

# How to 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 a crystal. Just hold it in your hand and imagine all negativity being washed away by your intention. Visualizing white light works as well. Hold the crystal in your hand and see/feel a white ray coming from your hand into the stone. **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 do not use this technique.

Another method of clearing is 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. Burying crystals in **salt** is a good option for many crystals. Place the stone in a bowl and cover it with sea salt. If sea salt is not available, you can use table salt or Epsom salt. Make sure that your crystal is dry before doing this. 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. You can also use the same method with **rice**.

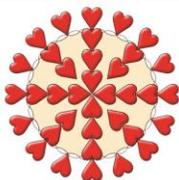
Running a crystal through **cool water** is a favorite method due to convenience. It may take as little as a few seconds to 10 minutes. Be sure to dry the crystal thoroughly. There needs to be caution taken with this method, because many crystals can be harmed by water, like Selenite, Calcite, and Rock Salt. Always check your crystal's sensitivity to water before doing this.

Using sound can clear minerals of negative energy quickly. A [tuning fork](#) can clean crystals by gently using vibrations. Hold the crystal in your hand and ding the other crystal in your other hand. Slowly move the tuning fork in a counterclockwise direction around the stone. Move the tuning fork around the crystal until it stops vibrating. This may be done twice more if the crystal needs more cleaning. Sound can also come from musical instruments like a piano. For more information on this method, Healing Crystals has [videos](#) on their YouTube channel that explains how to do this. It also has a [video](#) where you place the crystals in front of the computer speakers and the tones from the video will clean the crystals.

[Pendulums](#) are a convenient way to release psychic energy from stones. Hold a pendulum that has been cleaned above your crystal and it will rotate either counterclockwise, 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.

For a quick view of the most common methods, [this helpful video](#) is very handy. Finally, if you try everything above and the crystal does not seem to be responding, please feel free to contact one of our [Healing Crystals Experts](#) so that we can offer you more specific advice.

-Lourdes Lebron



## HealingCrystals.com

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