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For centuries, crystals and stones have been much sought after for their spiritual and magical properties. Ancient cultures have long recognized the potential for crystals to cause change in the human energy field and one's home and environment, attracting or repelling certain energies, spirits, or conditions as desired.

Today, spiritual practitioners often use them in order to facilitate healing, as well as to assist in the manifestation of one's desires and goals. Spiritually, crystals are able to act as catalysts for change by maintaining or increasing an energetic presence that can then be drawn upon by the practitioner either through meditation, ritual, or simply by having them in one's immediate environment. All objects gather psychic energies from their environment, and crystals by their very nature do so in the extreme. Even by simply handling a crystal or stone our own energies can affect it; the natural energy field of the stone moves into resonance with our own (and vice versa) making them potent allies in spiritual and magical work, but also making them problematic when first encountered, since they have likely picked up energies from other people or places that may not be conducive to our particular needs. So before crystals can be effectively used for a spiritual purpose it is important to make sure that they are first adequately cleansed.

There are many different popular methods for cleansing stones. None of them are necessarily more powerful than another, leaving it up to your personal preference as to which method you should employ. Feel free to experiment with these different techniques, or use pieces of them to inspire something that better suits your own style. Remember that prayer is an important aspect of whatever method you choose.

- Burying a crystal in a small dish or bowl of sea salt for 24 to 48 hours is usually adequate to cleanse the stone of any energies it may have absorbed. If a stone feels particularly "heavy" or "dark" with negative energies then you may keep it buried for up to 7 days to be sure it is clear. As an alternative to salt, you may substitute dry brown rice.
- Rinsing or soaking in a spiritually cleansing potion, brew, or infusion. Examples include: water mixed with sea salt, holy water, Florida Water, an infusion (i.e. "tea") of cleansing herbs such as sage, hyssop, or rue. Please note that some crystals may become damaged or even destroyed if exposed to liquid or moisture. Selenite, angelite or salt crystals are but a few examples of potentially damageable stones. Use caution!
- Leaving them out in full sunlight for several hours over a period of at least seven days is also used to clear stones. This method is also used using the light of a full moon as part of a three night observance in which the stones are concealed from sunlight during the day. After the rite is concluded they may then be exposed to sunlight as desired.
- Some people prefer to bury their crystals in the ground for a week or more in order to allow the spirit of the planet itself to cleanse them. Just remember where you buried them!
- For those experienced with meditation or energetic practices such as Reiki or Qi Gong, holding them in your hands while you channel life-force (mana, qi, prana, awen, etc.) through them until perceived as shining softly and steadily is often sufficient.
- Crystals may be ritually cleared by burning white or black candles within a ring of salt into which you have placed your stones. Chanting sacred names or passages from spiritual texts will serve as a means to clear and consecrate your stones.
- "Smudging" your stones with the smoke produced by burning an herb with the spiritual properties of cleansing, such as sage, dragon's blood, copal, frankincense, etc.

These are but a few reported methods for cleansing stones to make them ready for spiritual work. No doubt you will find others as your journey progresses.