

## Using the energy of the Full or New Moon

First, rinse your crystals under cold running water. (or blow on them or sage them if you cannot use water.)

Place them in the sunlight and/or moonlight for at least three hours. Either place your crystals on a tray outside or in your spare room with the curtains open.

Often I will pick up a crystal that needs cleansing and use water if I can (moon water or tap water) and using my breath - Breathe in and send the energy up to the Angels to capsulate and blast with white light and as I breathe out I see positive energy from the universe refilling the crystal with new, clean energy.

Why use the sunlight and moonlight? It gives the crystal new power to focus. Refreshes, awakens and increases its energy.

The moon energy is soft and gentle. The sun has a very strong energy. This is part of the reason we too need to spend time outside. Strengthens our energy by absorbing the vitamin D we need. Crystals also store the energy to use later.

Full and New Moons happen every two weeks. A super moon occurs less often and is when the moon is closer to the Earth. If it rains around the time of a full or new moon, collect the water and keep in a dark place. Use to cleanse your crystals and aura. If it does not rain, place a bucket of tap water outside to be energized and bottle for future use.