

How to Cleanse and Charge Your Crystals

Just like humans, crystals and their vibrations get fatigued. They work hard, absorb or shield you from negative energies and sometimes travel long distances so they need to realign their energy and be restored back to their natural state. Think of recharging your crystals as them taking a power nap and waking up restored with fresh energy.

Ways to charge

Crystals are very resilient, so it doesn't take anything too complicated to refresh and revitalise them. There are many different ways to charge and cleanse your crystals, some that are perfect for a quick reboot or can come in handy when travelling with your crystals, and some that can provide a longer, richer cleanse. None are more effective than others, it all depends on your preference, your time and your intentions. Here are just a few ways....

Moonlight

Aside from being our personal favourite excuse, "I can't come out tonight, it's a full moon and I'm charging my crystals!", moonlight, especially on a full moon, is a very effective and effortless way of cleansing your crystals. Moon cleansing is filled with pure energies that can give your crystals extra vitality.

Place your crystals on a windowsill, out in your garden, or on a balcony and leave them overnight to bathe in the moonlight.

Running Water

Having a nice cleansing shower can help us feel cleansed and refreshed - your crystals are exactly the same! Washing your crystals under running water, either from the tap or in a river or stream, can help rid your crystals of any unwanted energies.

Simply submerge your crystals under running water for a few minutes or until it feels ready. If you are doing this in a river, make sure you hang onto your crystals so you don't lose them.

Earth

Crystals came from our amazing Earth, so it makes sense that returning them to the natural place they came from reinvigorates their energy. Submerging, or burying, your crystals in earth or in your garden is a great way to strip your crystals back to their original aura, ready to be used again. Just don't forget where you buried them! Or if you have a dog that digs up your garden, place them in a spot where they can't go rummaging.

Visualisation

Your mind is a powerful weapon, and your intentions can be harnessed to help revitalise your crystals. This is a great method when you don't have access to some of the other tools, such as when you're travelling or want a quick crystal top up on the way to work.

Hold your crystal in two hands and imagine your hands, your soul and your crystal being surrounded by pure, white light. Imagine that light flowing through your entire body while imagining that light cleansing your crystal and removing impurities. Repeat in your head your favourite cleansing mantra, such as "I call upon a higher energy to help cleanse this crystal of any impurity and revitalise it and help guide me." This process should only take a minute, but your crystal will tell you when it's ready to be used

Thank you for taking the time to read. I send you Love and Light

