

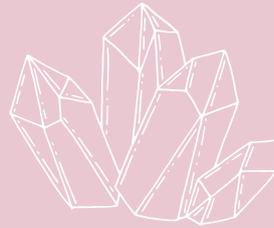
Crystal Info - Cleanse

Firstly let's look at cleansing. Crystals are able to absorb energy as well as emit it so we need to make sure that they are cleansed before we use them. I would always recommend cleansing new crystals before using them, even if they are marked up as cleansed and charged. Go with your instinct but if in doubt cleanse!



Smoke

Using herbs to smudge your crystal. Let the smoke run all the way round the crystal.



Crystals

Other crystals have a cleansing ability. Selenite and clear quartz are two good ones.



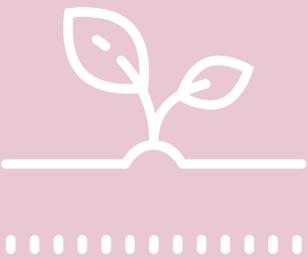
Sunlight

Letting them rest in the sunlight is a great way to allow your crystals to cleanse



Moon light

The full moon is all about releasing, setting your crystals out to release their unwanted energy under the moon works wonders



Earth

Burying the crystals in earth or sand. Just be careful of any plants as they may absorb the released energy



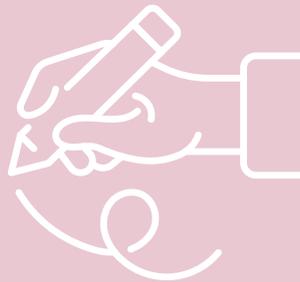
Meditate

Meditate with your crystal when you are doing cleansing meditations



Visualisation

Visualising light around your crystal to cleanse it is a powerful tool



intention

Setting the intention that the crystal will be cleared works well, as does writing the intention and placing it under the crystal.



Water

Be aware that not all crystals are suitable for water but if they are run them under the tap!



Flame

Be careful not to burn your fingers but running it through a flame is cleansing

Crystal Info - Use

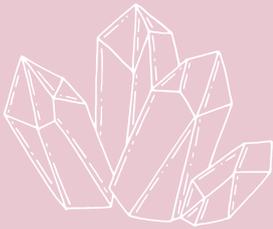
How to use your crystal

This can often be a personal choice but here are a few options of how you may like to work with your crystal.



Meditation

This is the most popular way to use your crystal. With a guided visualisation allowing it to collect your energy or emit energy to you to boost what your meditative purpose is. Hold them in your hands or place them on chakra points.. You can even have them around you in a grid, a simple grid example would be a triangle so crystals making up the three points and you sitting in between as their energies infuse with yours.



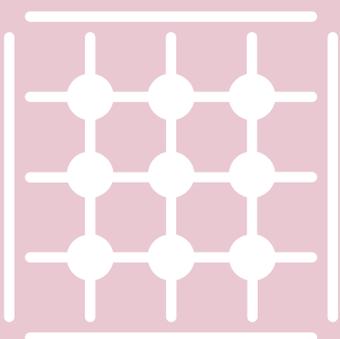
Let them work

You don't have to consciously work with the crystals for them to be workign in your favour. Once they are cleansed and charged you can leave them somewhere to work their magic in your life. Window sill or bedside table are popular options (just be aware of super energised crystals by the bed as they may stop you sleeping!) But look into setting up a space specifically for your crystals, an alter, this allows their energy to multiply intensely having a regualr home.



Pop em in ya pocket

Just like letting them work pop them in your pocket, or bra, and away you go! No need to consciously work with them but just don't forget they're there...especially in your bra as they;ll go flying across the room when you whip that bad boy off at the end of the day!



Crystal Grids

Let them work with added oomph! Crystal grids are great ways to use the powers of the universe to enhance the power of your crystals. Grids work by using ancient patterns to link multiple crystals energies together and emitting them to you or the universe. Research to find your favourite grid patterns.