



Chrysalis Chris

Cleansing Your Crystals

Sound: bells, singing bowl, chimes, drumming

Smudging: pass crystal through smoke from an incense stick, sage, Palo Santo or a smudge bundle

Water: hold crystal under running water, preferably outside in nature, leave out in the rain or hold under running tap water.

Sea Salt: place crystal in a bowl and cover with sea salt. Let sit for 1-7 days

Earthing: bury in the earth for 1-7 days

Quartz or Selenite: place on a quartz cluster or slab of white selenite for several hours

Moonlight and/or Sunlight: Leave your crystals outdoors or on a window sill to bask in the sunlight or bathe in the moonlight.

Flowers: place crystal in a dish of fresh or dried flowers

Breath: Use your breath which is your life force to cleanse and imbue a crystal with your energy. Take a deep breath in through your nose and exhale your breath through your nose in 3 short bursts.

Note: Some minerals are water soluble, so check the Mohs hardness before exposing to water. Some crystals like amethyst will fade if kept in direct sunlight.

Connecting with Crystals



Meditation: Find a quiet space, take in three deep breaths, in through your nose and out through your mouth while holding or touching your crystal. Close your eyes and note any sensations, images or messages that you receive.

Set an intention: You can set an intention by stating it silently or aloud, visualizing it, or by writing it on a piece of paper. You can hold or touch your crystal while focusing on your intention.

Carry with you: Carry the crystal with you in your pocket or tucked inside clothing.

Elixir: Make a gem elixir and drink. Safety first, read up on toxic minerals.

Crystal of the Day: Chose a crystal that you would like to work with for the day and wear it, carry it with you, do a meditation, make a grid or an elixir.

Altar: Place a crystal or grouping of crystals on an altar. You can create mini altars for various purposes.

Car: Keep a crystal, like green aventurine in your car for safe travels.

Medicine Bundle: place a crystal or grouping of crystals in a pouch that you can carry with you or place in a sacred space. You can add herbs, essential oils or other token items.

Grid: create a crystal grid, aligning your intentions with the crystals. There is wealth of information on how to do this on the internet or in many books that are available on this topic.

Spray: Place crystal in glass bottle, add filtered water, and mist on yourself or in a room. You can add essential oils if you'd like.

The possibilities are endless.