

Caring for your Crystals

Cleansing your crystals

There are many ways to cleanse crystals. We recommend smudging as it is safe for all crystals. Allow the smoke from an incense such as Sage, or your favourite incense, to waft all around your crystals to cleanse them of negative energies.

Charging your crystals in the Full Moon

Put your crystals outside, undercover for about 24 hours at the time of the full moon. (The reenergising time period starts 48 hours before the exact time of the full moon, and continues for 48 hours after the exact time of the full moon.) This re-energises your crystals. It is the moon's energy that does this, not the moonlight, so it doesn't matter if it is cloudy or raining. Just put them somewhere safe outside, such as on an outdoor table.

Programming your crystals

Programming your crystal is as simple as asking it to do what you want it to do to help you, e.g. "Please ease my headache pain. Thank you." Then blow on the crystal.

"It's stopped working!"

Sometimes it might seem like your crystals have stopped working. All that has happened is that they are overloaded from the work they have been doing. Simply blow on your crystal and ask it again to help you. It will start working again.

Remember, no one else should touch your crystals. If this happens, simply blow on them again to clear away the other person's energy. Sometimes it might be necessary to smudge your crystals again.