

Cleansing, Energising and Awakening Your Crystals and Stones



CLEANSING

The below is a guide based on how we cleanse our own crystals. As you work with your own stones, you'll find the best ways that work for you through experimentation.

All crystals and stones (even soft ones that are damaged by soaking in water/salt-water) can be cleansed in soil as soil absorbs all negativities, and plant and tree energy transfers them into positive. Smudging is also excellent for soft crystals (and all crystals). We recommend using the smudging method for all crystal jewellery, unless you can be sure that other methods won't dislodge the crystal from its holding. Loose stones can be cleansed using one of a number of ways below.

Soil: The soil does not have to be prepared beforehand, but if you like, you could clear a space in your garden specifically for cleansing and devise your own ritual for preparing it. Bury it completely under the soil if you can, and leave for 24 hours. After 24 hours, see if you want to energise / awaken them (below).

Smudging: We prefer to use White Sage, but you can also use Cedar, or Sweetgrass. Lavender works really well, too, as can some grain incense blends. Light your smudge stick (or loose White Sage leaf), and once it begins to smoke, waft it around your crystal, or run your crystal through the smoke. Do this for as long as you think the crystal needs it (sometimes it's as little as a few seconds). Don't forget to have a heatproof dish to hand to rest your smudge stick on once you're done, and to catch any bits of ash that fall.

We love smudging! It's like an ancient dance and the crystals love it, too.

Running Water: Harder crystals and stones that will not be damaged by the process can be cleansed under running water from a tap, although water from a natural source is always preferable. Hold the crystal under the running water and visualise it being cleansed. Imagining white or gold light running through the crystal as the water runs over it, can help



AWAKENING

This means to awaken the crystal to its own vibration so that it's ready for use, and this can be done by the use of sound. Using a Tibetan Singing Bowl, the notes of your own voice, or tapping the crystal lightly on a rock connected to the earth are all good methods. You will know when a crystal or stone is awake because it will feel slightly more "alive" in your hand. The change is subtle, but noticeable - it will literally be as if the crystal is vibrating. When a crystal has absorbed as much negativity as it can, its vibrations will dull and it will go into "sleep". At this stage, you will have to repeat the methods of cleansing, energising and awakening. You do not have to wait for the crystal to be asleep before cleansing it - putting a crystal in soil will automatically change its vibrations and put it to rest.

Storing Your Crystals

Crystals like to be used, carried in your pocket (it's so warm in there - they love the warmth, it activates them to an extent), worn as a necklace, kept under your pillow, or anywhere they can feel the vibrations of what's going on in the world. So, try to use them lots rather than just storing them. When you've finished using them and want to store them for a few days (they probably deserve a wee rest!), you don't have to worry too much - just keep them in a drawer, on a shelf, on your bedside table, anywhere you like as long as nothing can fall on them, and they can't tumble to the ground and smash.

If you need to store them for a long period of time, give them a good, deep cleanse, and keep them in a dark pouch away from light. If they have to go in transit, don't forget to bubble wrap them.

WITCH'S HOLY WATER

A cleansing water containing charged salt, benzoin oil and energised by the light of the full moon. Used to cleanse energetic toxins and negativities from items, and to cleanse yourself before ritual or ceremony.

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Daily cleansing: Place a drop straight onto any item you wish to cleanse, or place a drop into a bowl of water to create a larger amount of cleansing water, or place a drop on yourself.

INGREDIENTS

Water, A Pinch of Charged Salt, One Drop of Benzoin Oil

TOOLS

One small bowl to create your Holy Water in. One small lidded bottle to keep it in.

METHOD

On the night of a full moon, prepare your sacred space and sit in it. Fill your bowl with water. When you're ready, take one pinch of charged salt using either your finger or an athame, place it in the water and stir clockwise, saying:

“And as the salt doth cleanse the sea, it also cleans this water here, this blood of Earth is hallowed, it is pure and clean and strong and clear.”

Keep stirring and chanting until you feel the water sufficiently infused with energy. Leave the bowl and crystals in the light of the full moon, overnight if possible. Otherwise, cover and leave in your sacred space overnight.

The next day, pour the liquid into your lidded container and add one drop of Benzoin Oil to help preserve the water over one month, until the next full moon, when a fresh batch of Holy Water can be made.

HOW TO CHARGE YOUR SALT

This can be done at any time. Place your salt in a small container that has a lid. Put either your index finger or athame into the salt and say:

“I charge this salt of Earth, white and pure, to nurture, heal, protect and cure.”

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Feel the energy flow from the universe, through you and into the salt as you chant. Repeat as often as necessary, until you feel the salt has charged and is ready for use.

Place the lid on your container. The salt can keep indefinitely if stored in a cool, dark, dry place. If you ever feel it needs to be recharged, simply repeat the procedure.

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