

THE BASICS OF CLEANSING AND CLEARING STONES

When should a stone be cleansed/Recharged?

- As soon as it's purchased – clear any stone you buy from stones. Most absorb energy and you want to clear that before you use it.
- After each use for any energy healing sessions or meditations
- If you wear the stone continually (like a pendant or bracelet) then recharge and clear at least once a month but more often is better.

How long does it take to cleanse a stone?

The time needed varies depending upon how drained the stone is and which method is used. The durations mentioned below are minimums based on moderately drained stones. Heavily drained stones will take more time and mildly drained stones will take less. Newly acquired stones and stones to be programmed will take the greatest length of time. Exactly how long a cleansing takes is up to you. Listen to your intuition and it will tell you.

How is a stone cleansed?

There are many ways to cleanse a stone. Which method you choose should be based upon the type of stone, how much time you have, and what tools are readily available to you. Once again, let your intuition be your guide.

Natural forces are the best to use, such as fire, water, earth, and air. The sun, the moon, and plants, are very effective in cleansing stones of negative energies.

Methods for cleansing stones:

- **Fire** - carefully pass the stone through the flame of a candle several times until you intuitively feel it has been cleared. The fire will burn away any negative energy. (Always use care when dealing with fire to ensure safety for yourself and environment).
- **Smudging** - carefully pass the stone through the smoke of a white sage smudge stick several times until you intuitively feel it has been cleared.
- **Water** - rinse the stone in moving water. This can be done in one of three ways:
 - by holding the stone in a river or brook (placing it into a mesh bag will make it easier to hold onto) for several minutes,
 - by leaving it out in the rain for several hours,
 - by holding it under the faucet for several minutes.

The water will wash away negative energy and return it to the Earth where it can be neutralized.

DO NOT USE WATER on soft stones such as angelite, some calcites, howlite, aragonite, azurite, dolomite, malachite, selenite, sulphur, etc. as it may dissolve the stone to a greater or lesser degree.

- **Earth** - bury the stone in the ground for one full day, placing a marker over it so as to be able to find it later, or bury the stone in a pot of ground soil. (Do not use potting soil as it has been treated.) The soil will absorb negative energy, disperse it, and transmute it into positive energy. Stones feel very comfortable in the earth as it is where they formed and grew.
- **Air** - smudge the stone on all sides with a sage smudge stick, or with dried sage or cedar, or pass it through the smoke of sandalwood or sage incense. Sage is a very effective cleanser, neutralizing negative energy and transmuting it into positive energy.
- **Light** - place a stone in bright sunlight, either outside or on a windowsill, for at least an hour. NOTE: solar energy may be too violent for some stones, having been formed within the Earth devoid of any light. CAUTION: over time, sunlight may fade the color of some stones. An alternate, and gentler, method is to place the stone in moonlight for at least one night under a full moon, longer if the moon is not full.
- **Sound** - produce a tone using a bell, chime, or tuning fork. Repeat the sound until the stone's energies feel cleansed. A pure tone will reset a stone's vibration to one that cannot hold negative energy.
- **Quartz cluster** - place the stone on large clear quartz cluster or bag of crystal chips for at least one full day. Clear quartz is excellent for magnifying, focusing, and, in this case, transmuting energy.
- **Pyramid** - leave the stone under a glass pyramid for several days. The energy produced by a pyramid has the ability to neutralize any negative energy that is placed within it.

All cleansing methods are compatible with each other; so use whatever combination feels right for you and your stone. Using a combination of methods is especially good for cleansing new stones, clearing stones for programming, and cleansing and recharging heavily drained stones. Combinations cleanse the stones more effectively and sometimes more quickly.