



Celestial Earth Minerals

Clearing and Cleansing Crystals & Minerals:

There are several methods you can use to cleanse and clear your stones in preparation for meditation and other uses. Keep in mind that some minerals are water soluble and that some are photosensitive. So, research your stone before you cleanse it.



- 1- Sound-use of bells, chimes or a crystal singing bowl.
- 2- Smudging– pass the stone through the smoke of a smudge stick, sage or incense.
- 3- Water– hold the stone under running water or leave out in the rain.
- 4– Sea Salt– cover the stone in sea salt and let sit for between one to seven days.
- 5- Earthing– bury the stone in the earth for one to seven days.
- 6– Sun or Moon light or both.

Connecting with Crystals & Minerals:



1- Hold the stone/s in your hand and feel its energy. If it is too large to hold you can place your hands on it.

2- Sit in a comfortable position, close your eyes if you want to, and slowly take in a few deep breaths to ground and center yourself.

3- Continue breathing slowly while you hold the stone.

4- You can repeat this on a daily basis if you would like. It can be done for as little as a moment or two or you can sit and meditate for a time period that is comfortable to you.

If you would like to set an intention for working with a stone you can do the following:

1- After connecting with the stone/s you can hold or touch the stone/s and say loud out or silently in your mind what your intention is.

2- You can then use the stone/s in a grid, place on your altar, carry it with you, place in a mojo bag, etc.

The possibilities are endless, do what calls to you.

Crystals are friends from the mineral kingdom, honor and care for them.