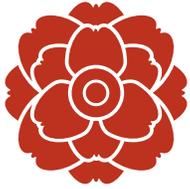


# CLEARING YOUR CRYSTALS

## THE BASICS CLEANSING CRYSTALS AND STONES



Crystals have been used for hundreds of years and have an energy that can be undeniably powerful. Crystals are known for their healing properties and each one has an individual meaning and purpose. The first crystal I had was a Rose Quartz that I carried since I was 15 years old and in 2017 I intuitively gifted it to a young woman, knowing its work was complete with me. The stones have a way of speaking to each individual person; it's a personal relationship that connects us with that special crystal we have been seeking. You always know when you have found the right one.

The understanding of crystals and the crystal world is incredibly interesting, fun and a very deep subject that can take time to gain knowledge and insight. Crystals are sold at most metaphysical shops, health food stores, markets, crystal and rock stores as well as some gifts boutiques. When you bring home a new stone or crystal or you feel the energy needs a boost it's always a good idea to clear and cleanse.

Here are key crystals that I recommend and they have become personal favourites.

There are several ways to clear crystals either placing them in sea salt or a flow of water like a creek, stream, pond or ocean; some bury them in the earth or through infusing them with sunlight or the moonlight as well as through intention and breathe. Note: selenite and desert rose are never to be submerged in water as they will dissolve while amethyst should remain out of the sunlight to avoid fading.

I have two ways of practice clearing my crystals and stones; by moonlight of a full moon or by asking Archangel Michael to help clear and recharge before the full moon, if needed.

In the energy of the Full Moon; the day before and the day of the full moon is ideal for clearing and recharging with healing energy. Lay out your crystals and stones in a window or window sill to be in energy of the moon even if it's cloudy. Once the crystals have been charged, you can infuse clear intentions into the crystals to assist in manifestations such as healing, communication.

### MY TOP 10 CRYSTALS & STONES

ROSE QUARTZ  
CRYSTAL QUARTZ  
AMETHYST  
CITRINE  
KYANITE  
LAPIS LAZULI  
MOONSTONE  
SELENITE  
BLACK  
TOURMALINE  
PETRIFIED WOOD

[www.angiebell.com](http://www.angiebell.com)

