

BIANCA ELEANOR.

DAKINI CRYSTAL THERAPIES

HOW TO CLEANSE YOUR CRYSTALS

**YOUR FREE
COMPREHENSIVE GUIDE!**



DAKINICRYSTALS.COM

HOW TO CLEANSE YOUR CRYSTALS



The first thing you should do when you buy or acquire a new crystal, is cleanse it! It is highly unlikely we are ever the first owner of a crystal, so we cleanse it to remove energy signatures that have been imprinted on it from others, and any negative energy that may be held inside. Even if you are purchasing a crystal from a direct source, it can pick up other energy during the postal system etc.

Some online sellers claim their crystals come 'reiki' charged etc. I would still strongly recommend cleansing it. You want to create a 'clean slate' so that you can tune into the crystal itself, and not any of it's history, or imprints from previous owners, so you can build your own relationship with it. (just like in human social relationships). Below are they ways in which you can do so:

SMUDGING

smudging is an ancient tradition and can also be used to clear negative energy from spaces and people, as well as crystals.

Smudging is the art of burning sacred plants; the smoke changes the molecular structure of the air by producing negative ions, that act as a purifier. If using a smudge 'stick' it is easiest to light a candle and hold the stick inside of the flame until it is also alight. Holding the stick over a fireproof container (traditionally an abalone shell or clay dish) blow out the flame from the stick until it smoulders and produces smoke.



above my homemade smudgestick fan and seashell.

'wash' your hands through the smoke to begin with. Then if you are inside, be sure to open as many windows as possible, this is so that the negative energy can escape from inside your building.

Simply hold your crystal in the smokes path, for 2 minutes or how ever long feels right to you depending on the crystal and the size.

Traditionally 'White sage' (*Salvia apiana*) is used to cleanse, It is a very sacred plant to Native American's, However it is being over harvested due to the increasing popularity of 'spiritual' practices, so please use responsibly, reserve for deep cleansing, or use a variety of herbs to smudge with or even make your own! Think about it... 'witches' or people who indulged in 'spiritual practices' of the past, would have a heck of a task getting hold of herbs native to any country other than their own, so its important we use what is native to our land, it also helps the environment - cutting down shipping and airmail. Your local metaphysical store or energy healers are likely to sell smudge sticks, if you arent lucky enough to live near any, a quick google or 'ETSY' will be sure to offer a variety of smudge sticks.

You can also use loose herbs or resins and burn them over a charcoal disk.

After your initial cleansing of your crystal you can smudge it intuitively - whenever you feel the vibration has changed (its not doing much for you or feels icky) You have used it a lot, somebody else has handled it, or its been around negative situations or people. Once a month if your not actively 'using' your crystal/s



ALTERNATIVE SMUDGING HERBS

Cedar
Frankincense
Myrrh
Juniper
Lavender
Palo Santo
(holy wood)
Sweetgrass
(*Hierochloe odorata*)
Mugwort
(*Artemisia vulgaris*)

EARTH

Giving a crystal back to Gaia is like sending a crystal on a spa retreat. Bury a crystal outside in the earth's soil, so that mother earth can transmute all negative energy, and infuse your crystal with her strength. some people do this for 24 hours, others a whole lunar cycle, some a week. Base your decision on how much you feel the crystal needs cleansing. The longer you leave it the more effective the method becomes. Unfortunately a plant pot of soil will not have the same effect for obvious reasons.



SALT

If using salt I would suggest that you Bury your crystal/s in a bowl of it. I would not recommend placing your crystals in salted water as for so many crystals this is damaging to them. The best salt to use is Sea Salt; salt in essence are tiny crystals, and these crystals have come from the natural waters of the earth, and have had the healing sound vibrations of the whales/dolphins and sea creatures pass through them.

Himalayan salt can be used but never table salt. leave the crystals in the bowl for as long as you intuitively feel necessary, if possible 3 days. give the salt back to the earth and never re-use the salt - this would be like re-using dirty toilet paper!



STONES THAT MUST NOT HAVE CONTACT WITH SALT:

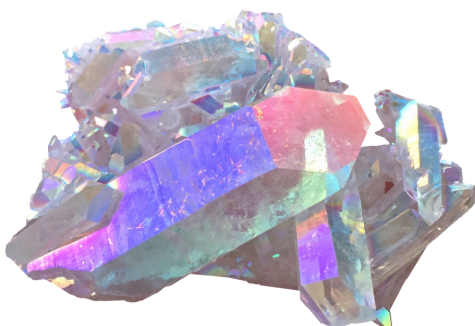
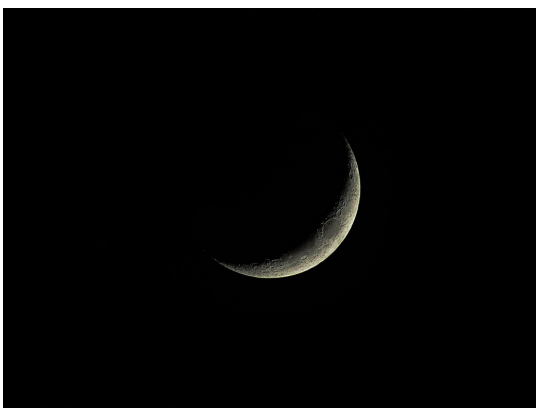
Turquoise, Malachite, Calcite, Amber, Azurite, Topaz, Moonstone, Opal, Selenite, Red Coral.

SOUND

The vibrations of sound can be used to cleanse crystals. A great way to do this is with a singing bowl, or even your voice; you could try a sacred mantra or a continual note. Hold the crystal in-front of your mouth - speaking into it or on your throat, for this to be effective you will have to be comfortable trusting your intuition, to know when the crystal is cleansed/when to stop. Both Tibetan singing bowls and crystal singing bowls can be used for this job. Crystal singing bowls can also be used to bring crystals back to oscillation; its natural vibrational frequency.



NEW MOON



Moonlight, or NO moonlight... Many ancient cultures were in tune with the cycles of the moon, and a new moon marks the beginning of a new lunar cycle. Put your crystals out under the night sky during a new moon to cleanse them. (Full moons are for charging crystals). Preferably leave crystals under a new moon for the whole night, or a 24 hour cycle - starting in the am of the day of the new moon.

This works best if you can leave the crystals outside. If you do use the full moon to charge your crystals make sure they are cleansed with one of these methods before hand

WATER

Put your crystal in a natural running water source, such as a river/stream or sea. Tip: try placing them in a net so they don't get lost! Not all crystals are safe to be cleansed in this method, as some will dissolve/damage! Lots of quartz varieties and polished/tumbled crystals are OK, but some crystals that are not suitable to be cleansed this way. Some people say if a crystal rates 5 or higher on the Mohs scale it is safe to clean in water - however there are exceptions to this, so it can not be used as a rule of thumb. Obviously anything that flakes when handling is also a good sign it is not water safe. Be mindful about the natural water source you are using, think about any pollution or salt that may be inside it. For this reason I also do not recommend holding crystals under a running tap to cleanse them, even the small amounts of chemicals in our tap water can harm certain crystals. I wash some of my crystals in tap water purely for hygiene reasons (As a therapist laying them on various people) but I always use another method alongside this. If you do love water, placing any water element crystals next to a natural running water source (if it is not safe to put them in it) can be very good for re-setting its energies.

STONES THAT ARE CONSIDERED SAFE TO CLEANSE IN WATER:

Clear Quartz,
Amethyst,
Smoky Quartz,
Rose Quartz,
Citrine,
Tumbled Tiger's Eye,
Agate,
Snow Quartz,
Aventurine,
Red Jasper



VISUALIZATION

If you are a visual person, and find it easy to focus, you can try visualizing your crystal surrounded by and encompassed by 'white light'.

However I would only use this method if you are confident in the outcome, and are in a good emotional place at the time. In essence you are channeling your own energy to cleanse the crystal. And if you are still wondering if it was enough, or if you did it correctly, choose a different method.

Intention is key to this method, if you are attuned to healing modalities, you may want to use something specific to that, such as visualizing the cleansing 'violet flame, or using an appropriate reiki symbol, or equivalent.



USING OTHER CRYSTALS

Selenite is a crystal that transmutes negative energy, rather than absorbing it. Therefore it does not need to be cleansed. You can find Selenite in 'slabs' or 'plates' and use them to cleanse other crystals by simply laying them on top of the Selenite. TIP: you can buy a much larger piece of raw Selenite, cheaper than some of the round purpose made charging plates. or bowls.

Black Kyanite and Azeztulite are the only other 2 crystals that do not need to be cleansed, so you can use this method with these crystals also.

Other people lay crystals on their Geodes and clusters; this will 'charge' the crystal but will not cleanse it. You will also have to make sure the larger crystals you are laying them on/in are cleansed themselves.



ENERGY

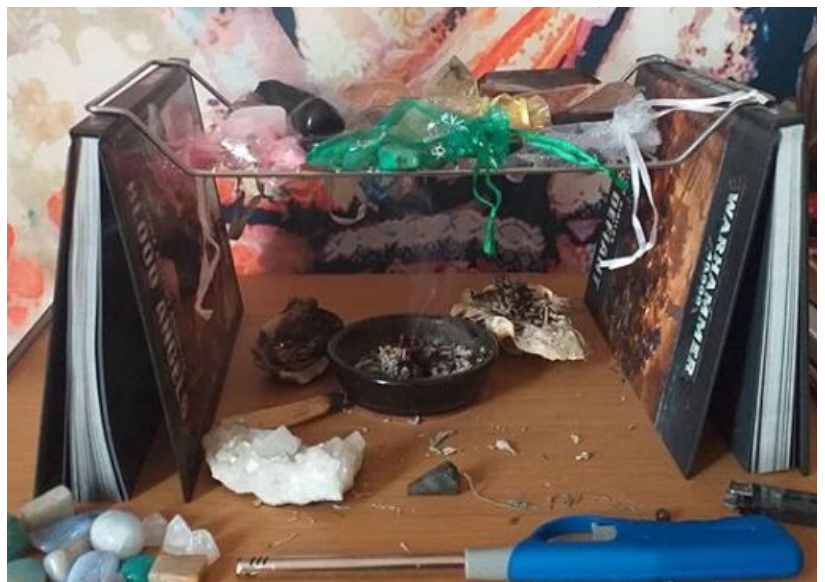
If you continue to develop an attunement to crystals & crystal energy, you may also be able to cleanse crystals, such as wands and points with your fingers, by pushing up and out from base to tip with your fingers, in conjunction to using your breathe to blow simultaneously. You can find more details on this and other advanced techniques in my Workshops.

Make sure you are subscribed to the mailing list to be notified about upcoming dates, how to get great discounts on workshops, healing sessions and courses! Simply enter your email at www.dakinicrystals.com

MY PERSONAL LIFE HACKS

As a Crystal Transpersonal Therapist who uses very involved and elaborate layouts & a busy mother, I often have back to back clients and a LOT of crystals to cleanse at the end of they day or in between client sessions. My preferred method of cleansing crystals is smudging, however this can become very time consuming and expensive in large volumes. So during very busy times, I have used what i call the 'smudging station'. I have since bought a very pretty round tray and stand that I use, but I thought I would share with you the raw original prototype:

Here It is - 'Smudge Station' 2 books and cooling/baking rack. Simply place your smudging herbs underneath, and don't forget to leave the window open! Smaller crystals that may fall through the rack can be places in organza bags. I now have a specialized tray for purpose but most of us have this available to us right now. Voila!



I call this one my 'Crystal Litter Tray'. When i leave my crystals to cleanse under the New Moon, I place them on a bed of; Salt ,Agua De Florida (Florida water), & Rosemary. Florida water directly on crystals can also be damaging, so I only use a drizzle or spritz. Rosemary is a universal 'magikal' herb; It is the 'Clear Quartz' of the plant kingdom.



STAY IN TOUCH

Thank you for downloading this book! If you have any Crystal related questions, are interested in working with me personally, or in attending one of my workshops or courses, feel free to join my facebook group; 'Stones & Spirit with Bianca Eleanor' check out my website www.dakinicrystals.com, or email me directly dakinicrystals@gmail.com. Namaste Bianca x

Welcome
STONES & SPIRIT
WITH BIANCA ELEANOR
A SAFE SPACE TO LEARN & GROW ON
YOUR CRYSTAL JOURNEY



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