**Clearing + Cleansing Crystals Guide**

***“I love my crystals; they are really beautiful! But I am not really sure how to clear or cleanse them and I feel like I am not doing them justice. So how can I properly cleanse my crystals to make sure I get the most out of them?”***

I get asked this question a lot by those just starting on their crystal journey as well as others who have spent a lot of time with crystal.! Maybe you aren’t sure what methods to use, or you may be looking for additional ways to clear or cleanse your crystals. No matter where you fall on the crystal-clearing or crystal-cleansing spectrum, I’ve got you covered!

I first want to talk about the terms “clearing” and “cleansing”. These two terms are usually used to represent the same process – clearing any energy that your crystals have accumulated that aren’t innate to that crystal. In this guide, I use the term clear. Alright, let’s get to it!

As I go through each method, I encourage you to feel which ones resonate for you. Ok, let’s dig in!

# Why clear your crystals?

Think of your crystals like an air purifier except that it is for energy. An air purifier pulls all of the harmful elements out of the air and leaves you with the cleanest, purest air to breathe… crystals do the same for energy! And just like you can’t endlessly run an air purifier without cleaning it, you have to keep your crystals clear as well to ensure they are working in tiptop shape.

Crystals hold onto the energy of everyone and everything they come in contact with. All of that external energy (especially if it's negative) needs to be flushed out to allow the crystal to be as effective as possible. And that is why we clear our crystals—to keep them potent, powerful, and helpful!

# How often do you need to clear your crystals?

This question doesn’t have a cut and dry answer—it really depends on how often you are using a crystal as well as how the crystal feels to you. Trust your intuition on this! The more often you are using a crystal, the more energy it will accumulate.

While there is no set rule for how often your crystals will need to be cleared, I can tell you there are certain crystals that tend to hold on to more energetic gunk than others and would benefit from more frequent clearing. Black Tourmaline, Jet, Shungite, Hematite, and Black Obsidian are all crystals that tend to work overtime and would absolutely benefit from very frequent clearing if you are working with them regularly.

If you notice a stone is beginning to feel heavier or just doesn’t feel quite as energetically bright to you, it’s always a good idea to clear it.

# How do you clear your crystals?

There are a lot of great ways to clear your crystals and I’m going to cover the 6 that are tried and true favorites and are able to be done at any stage in your crystal journey! No matter which way you choose to clear your crystals, always remember to set your intentions prior to the clearing process that any and all energy cleared is sent back to the universe for recycling. You don’t want any energies that are removed to hang out in your space afterwards!

## 1. Saltwater or natural water

Water is known for being cleansing and healing. For those crystals that can get wet, water is a fantastic element to use to clear them. Refer to my other resource “Water + Crystals Guide” to get more detailed information on what stones & crystals are water-safe and which are not. Note of caution: Do not use this method for crystals that are on the softer side of the [Moh’s hardness scale](https://www.nps.gov/articles/mohs-hardness-scale.htm). Only use this for those that are a 6 or higher.

## Saltwater

You can use saltwater from the ocean if it is available to you or you can add salt to a bowl of water—both methods work. Hold your crystals so that they are completely immersed in saltwater. The salt will clear their energy as it has been used throughout history to absorb unwanted energy. And an added bonus is you’ll have a sparkling clean crystal!

## Natural Water

Running water is also a great way to clear those crystals that can get wet. Set your intention and keep it clear in your mind as you hold your crystals in a stream, pour bottled water on them, or hold them under a running tap.

It is important to note that not all crystals can be cleared using water. Some will fracture, lose their shine, break, or dissolve, and others can produce a toxic chemical reaction. Below I’ve listed crystals that CANNOT be cleared using water—but don’t worry there are several other methods you can use.

* Azurite (unpolished)
* Celestite (unpolished)
* Fluorite (unpolished)
* Gypsum (Satin Spar, Selenite, Dessert Rose)
* Halite
* Hematite
* Kyanite
* Kunzite
* Lepidolite (unpolished)
* Malachite (unpolished) — releases toxic fumes when it gets moist
* Opal (use natural water only)
* Pyrite (releases toxic fumes when it gets wet and is then exposed to oxygen)
* Turquoise (unpolished)

## 2. Satin Spar / Selenite

I also love to use Satin Spar or Selenite to clear crystals. Yep, you can use a crystal to clear other crystals! How cool is that?! Both Satin Spar and Selenite (both forms of Gypsum and whose names are used interchangeably) are beautiful moon-energy crystals that not only keep themselves clear of outside energies, but they also clear out accumulated energies in other crystals. This is a perfect way to clear crystals without the worry of any damage!

Here’s how to use Satin Spar Selenite to clear your crystals. Lay your stones beside a piece of Satin Spar Selenite or on a Satin Spar Selenite clearing plate. The length of time they will need to clear will depend on how much energetic gunk they have accumulated. I usually recommend at least overnight, however, if you have a Satin Spar Selenite lamp, it can be much quicker.

Satin Spar Selenite is also great for clearing your crystal jewelry and recharging it with higher vibrations!

## 3. Burying

There are a lot of people who absolutely love this method. While I have not personally tried it, I do love the concept of it as I believe burying stones in the earth for clearing is a beautiful way to remove accumulated energies! Using this method invokes help from Mother Earth for clearing your stones and it gives them some time to be back in their source environment.

Here’s how this method works. Dig a hole anywhere outside where you feel your stones and crystals will be safe. Lay them in the hole (I recommend not having them touching each other) and cover with the earth you dug out. Make sure you mark where they are and take note of how many you buried so you know how many of your stones and crystals you need to find when they are ready! Leave them there at least overnight, but really you can leave them as long as you feel they need to be there. Use our intuition! You will know when they are done as they will feel lighter and clear when you hold them.

**Note of caution:** Do not use this method for crystals that are on the softer side of the [Moh’s hardness scale](https://www.nps.gov/articles/mohs-hardness-scale.htm). Only use this for those that are a 6 or higher. The reason is that there is moisture in the earth that can damage softer stones and crystals. If you have any questions on the hardness of your stone or crystal, you can search online for the information.

## 4. Sage Smoke

Sage smoke is a great way to clear your crystals as well as your surrounding environment! All you need is an herb bundle—I recommend white sage. Light it and focus on the crystals that you are clearing and let the smoke move over them. I highly recommend holding the sage over a fire-proof bowl to catch any pieces that fall!

While you are clearing your crystals, hold the intention that all released energy is being sent back to the universe for recycling. You don’t want the released energy hanging around!

If you are sensitive to sage smoke, you can do this with a window open or outdoors.

## 5. Moonlight

Full moon energy is a great way to clear as well as charge your crystals and is safe for all types. One of the things I love about this method is that the full moon can also act as your alarm clock to remind you that your crystals need clearing!

When the full moon comes around, place your crystals outside so that they can be surrounded by the moon’s energy. If you are working with water-soluble crystals or you don’t have access to an outdoor space, simply place your crystals on a windowsill and let the moon work its magic!

## 6. Sound

Clearing your crystals regularly is important to ensure your crystals are working at their highest potential and are able to support you for optimal well-being. Use your intuition to know when your crystals need some TLC or set a schedule to clear them regularly if that works best for you!

As I mentioned earlier, I encourage you to feel which method resonates for you. Follow your intuition!