

Section 2: How to Clear and Cleanse Your Space, and Self with Crystals

Clearing and cleansing your space can be compared to cleaning your house, the result is that you feel better as your space is clear and clean from clutter.

Clearing and cleansing is a crystal ritual that allows you to remove any unwanted and stale energy that may have accumulated over time. Whether you are cleansing the energy of your house, your personal energy or your crystals there are different ways to do this. Before beginning any crystal work or placing crystals it's always a good idea to clean and cleanse your space so you have the ideal place to work.

Your environment is a mirror image of what is going on inside of you. When you cleanse and clear your space you are simultaneously clearing your body, mind, and spirit. Cleansing your space is one of the easiest and most powerful ways to shift the energy in your life.

To start you want to open the curtains, raise the blinds, open the windows and allow the natural sunlight and fresh air into your space. Clean and sweep the front doorstep or the entrance of your house to help keep the energy leading into your home clean, positive and uplifted.

Some of the tools for cleansing can include sage, sound, Frankincense, Palo Santo, and sea salt. You can use one of the tools mentioned or you can combine them for additional layers of effectiveness.

Sage

Sage has been used since ancient times and is an excellent cleanser. Sage smudge sticks were traditionally used in First Nations and Native American ceremonies. Burning sage is a way to help drive away any negative energy and to restore balance in a space. Smudging with a sage stick gives off purifying smoke which can be used to cleanse a space, person, crystal or object of negative energies or influences. When the smoke clears away, it takes the negative energy with it.

Smudging with sage is an easy way to help uplift energy. Before using new crystals you can Sage them. When using a sage stick you'll want to have a fireproof container, an abalone shell works well, to catch any ashes and to put the sage stick out when done.

To cleanse your space or home with sage, open all the windows and the front door to allow all of the negative energy to be released. Start at the front door and

smudge all around the door, moving inside, Sage the house moving in a clockwise direction throughout the space you are cleansing. Make sure to waft the smoke all around to include the corners and the ceiling too. When finished put the sage stick out into the fireproof container or shell.

Sound

There are a variety of sound options that you can use to cleanse and clear your space, crystals, and self. There are Tingsha Tibetan cymbals, Tibetan bowls, bells, clapping your hands, drums, chants, and music that you can use. Sound creates a sonic vibration that can help to remove unwanted or negative energy. Using sound helps to wake up stale energy that might be lingering in a house. Start at the front door of your home and work your way through the house in a clockwise direction. Whichever sound you use, do it three times in each corner of the room. A quick and easy energy cleanse that you can use is to play some chanting mantras or classical music in a room that needs it.

Frankincense

Frankincense is a resin that is extracted from the Boswellia tree that is found in Arabia, India, and North Africa. It helps to remove negative energy from a space, offers protection and creates spiritual awareness. It can be used to ease anxiety and stress, lift moods and for purification. To use Frankincense it is best to place it on top of a burning piece of charcoal. The charcoal pieces are self-lighting with an indentation on top where you will place the Frankincense. Make sure to place the charcoal on a fireproof surface to avoid leaving a burnt spot. Allow the smoke to permeate anywhere that you wish to clear the energy, this can include your space, a crystal or yourself. Be careful.

Palo Santo

Palo Santo means holy wood in Spanish. It is a sacred wood that comes from Palo Santo trees in South America. When the wood is burned, the smoke is thought to provide medicinal and therapeutic energy. It is used similarly to sage with the smoke cleansing your space, yourself or crystals. Walk through your space in a clockwise direction, making sure to waft the smoke throughout.

Sea Salt

Salt is a good way to absorb negative energy. It can also be used to repel unwanted spirits in a space. To use, pour equal amounts of salt and water into four small containers. Place each container in the four corners of a room and let them sit for at least 24 hours. The salt water mixture will absorb negative and unwanted energy. After you are done, pour the salt water mixture down the toilet and flush away the absorbed negative energy.

Crystals For Your Space

The following are some of the crystals you might consider putting in your space.

Amethyst. It is calming and relaxing and spiritually energizing.

Black Tourmaline. This crystal is good for neutralizing negative energy, grounding, energetic protection and lowering risks from EMF exposure and empaths. It helps neutralize a space from negative energy, especially in spaces where there might be a lot of people, helping to mitigate the negative energy that might be brought in by different people. Place one Black Tourmaline crystal in each room of your house to help absorb negative and stagnant energy.

Citrine. Yellow like the sun, it encourages fun, happiness, and joy.

Peridot. This crystal clears emotional blockages that lead to the release of unwanted situations and things in your life. It is useful for space cleansing when you are clearing out old and unwanted possessions.

Quartz. Brings energy into any room.

Rose Quartz. The crystal of unconditional love, it allows love to flow.

Selenite. The most magical Selenite discovery was made in a cavern in Chihuahua, Mexico where the white crystals some the size of redwood trees were found 1,000 feet below the earth surface. The pure, high vibrational energy of this crystal is like liquid light. Use it to help align, cleanse and purify you. It helps to dispel negative energy from the body and mind, bringing mental clarity and peace. This crystal will magnify the energy of anything that is placed on them. You can also combine them with other crystals to help amplify your intention. Place Selenite wands on windowsills in each room of the house to cleanse, clear, protect and raise the vibrational energy of your space.

Zincite. An excellent crystal to display in a therapy room as it helps to create a healing environment.

Remember the more you work with the same crystal, the better results you will achieve. Just like practice makes perfect, the more you work with crystals the better you will get. Some crystals work for a variety of things, while others may work best for specific results. If you select a crystal for a specific purpose, you can program the crystal to speed its effects.

