

# **Magical Mothering Method**

## Cleaning and Clearing Crystals

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## Cleaning Crystals and Stones

If stones are obviously dirty you can wash them with soap and water. (Selenite is the only stone you don't want to submerge in water, but washing with a wet towel is fine.) You can also leave your stones out to wash in the rain, as this will help them recharge at the same time. Our stones are not meant to live indoors hidden away from the elements just as we are not. Allowing your stones to get time in the elements whether it be wind, rain, snow, or sunshine is a vital part of your stone being able to continue to absorb or neutralize your own energy.

## Recharging your Crystals and Stones

There are many ways to recharge your stones. The point of this is not to constantly feel that they need your attention but simply a way to create space for them in your life. Some people store their stones on a shelf in the house and leave them there. I would suggest interacting with your stones at least sometimes even if it is just to clear or clean them.

- Place stone or crystal in a bowl of salt. Use enough salt to cover it. Throw salt away as it has pulled all energy it has absorbed from the stone out of it. This is not salt you want to eat or use as it is often filled with the experiences you no longer want.
- Use salt water to wash or submerge your stone. (Do not do this with selenite or any other disintegrating stone)

- Place in the sun and moon for a full day and moon. Depending on your intention you can do this in the full moon, new moon or leave it neutral.
- I often leave my stones out in the new moon if I want to charge them with my intentions. Think of this process as planting seeds. You plant seeds into a new moon when it is dark, just as the earth. If you have intentions, dreams, desires, or thoughts you want to grow, plant them into your crystals in the new moon. Do this for a full day and full night.
- Placing stones out in the full moon will clear them bringing your intentions to fruition. Full moon materializes our desires. Yet each full moon brings about its own intentions as well. So just because you planted seeds at that new moon, it may take some time for the intentions to manifest. Just as some plants produce seeds quickly while others take many months. It is the same for our thoughts.
- Smudging, burning incense, or smoke is a great way to clear the energy of a crystal. If you are interested in a smudge stick you can order them at <https://magicalmothering.com/shop>
- Burying your crystals in the earth to get recharged is a powerful way to neutralize their energy. Especially if you are using them to remove trauma or entities. Just make sure to put a marker over where you buried them so you don't lose them. I would suggest leaving them buried for one week to fully remove all energy from them.

I don't like to use the word positive or negative as this conveys that something may have been bad or good. We use up and give off energy all the time, some of it is creating more of what we desire,

some of it is not. So we are simply releasing or clearing the energy that we no longer want to accept into our lives.