

lily + moon



CLEANSING +
PROGRAMMING
YOUR CRYSTAL
COLLECTION

ESSENTIALS
FOR HEALING,
HARMONY +
BALANCE



All Crystals store energy. They absorb everything that is around them, from people, environments and vibrations. When we think of crystals, we may think light, positive energy, but this can also include negative, or low vibrations. For this reason, it is important to cleanse them periodically, especially if they are new to you.

HOW TO CLEANSE A CRYSTAL

Some of these methods you may or may not know: when in doubt, follow your intuition.



SMUDGING

Allow the sacred smoke to engulf your crystals. These can include Palo Santo, Sage, Lavender and Copal.

[SHOP RITUAL TOOLS →](#)

SELENITE

Place your tumbles in a bowl, clusters and jewelry resting on a charging plate or wand for larger pieces.

[SHOP SELENITE →](#)





SOUND

Sound is incredibly powerful. Tuning forks, bells, 528 hz frequency sound, chanting and singing bowls.

EARTHING

Bury your crystals in a few inches of soil for 24 hrs, allowing the Earth to absorb any unwanted energy and refresh your crystals.

MOONLIGHT

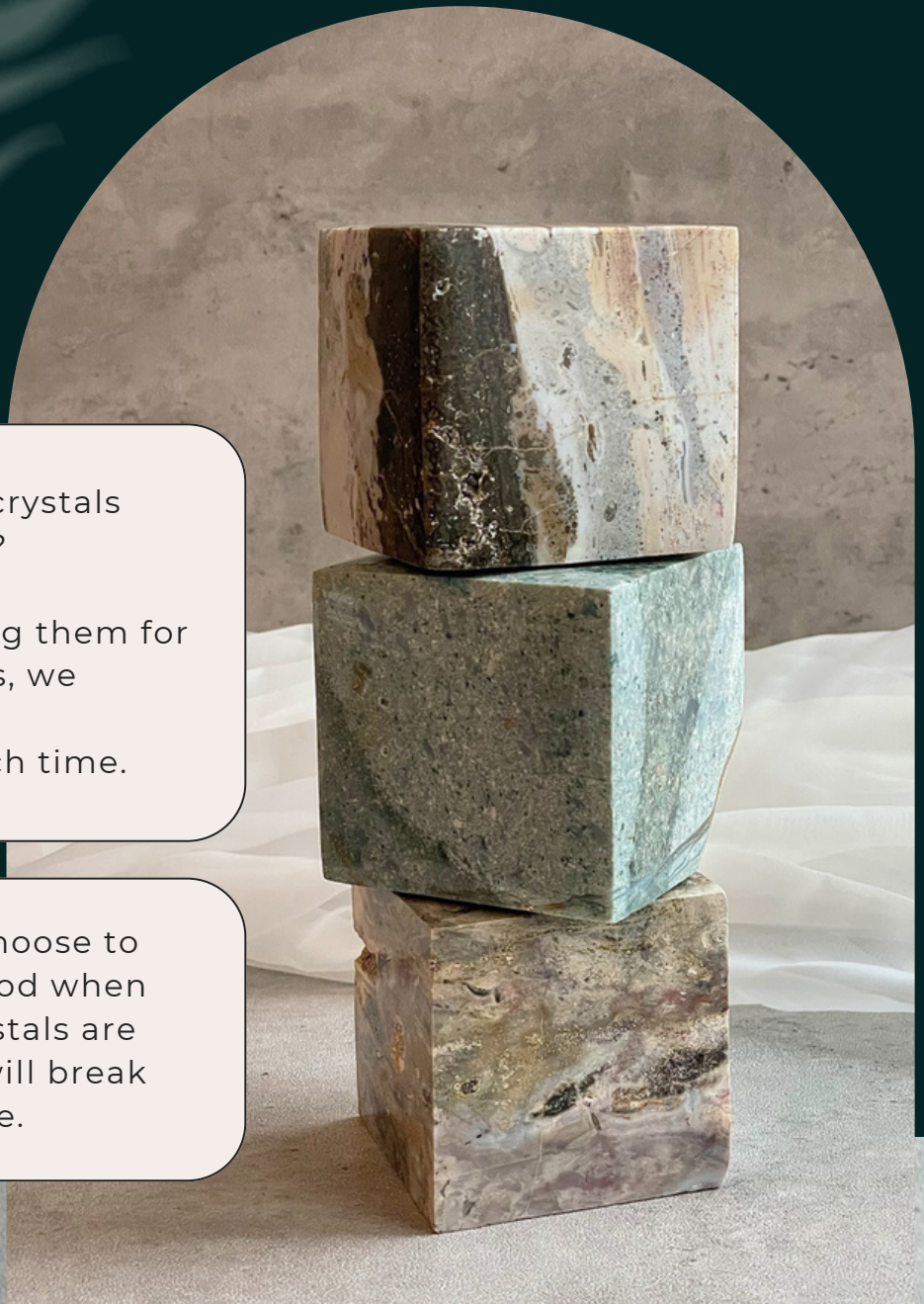
Suitable for all crystals and ideal during a full moon. Simply place your crystals outside under the full moon, or on your windowsill.



How often should crystals be cleansed?

If you are actively using them for healing sessions, we recommend cleansing them each time.

*Be careful if you choose to use the water method when cleaning. Many crystals are water soluble and will break down overtime.



PROGRAMMING YOUR CRYSTALS

Setting intentions: After one of the above methods of cleansing, you will need to program them.

Generally, crystals are neutral and will need direction in order to work to its highest potential.



HAVE AN OPEN MIND AND OPEN HEART

Before programming your crystals you should be in a positive, meditative, and peaceful state of mind.


As you hold each one, really focus on the intention you want to set.

This can be different depending on the crystal that you are working with.

For instance, if you're working with Rose Quartz for the purpose of self love, allow yourself to feel aligned with how that would truly feel.

Allow this feeling of compassion and self love to pour down on you. The bright white light is showering you. You are love.





TIME TO SEAL THE DEAL

Repeat 3 times, as the number three represents action:

"Thank you for coming into my life. I intend to love myself unconditionally, with no judgement. I ask for your permission to harness this energy in my life."

KEEP THE ENERGY FLOWING

Carry this crystal with you (if possible). It's important to connect with your crystal periodically. A good way is to set a few moments in the morning or evening for meditation.

EMBODY THANKFULNESS

Always finish off with expressing gratitude - "thank you" is perfectly fine.

ESSENTIALS FOR HEALING, HARMONY + BALANCE

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· DUSK ·
*There's always a
glimmer in those who have
been through the dark.*
PALO SANTO · AMBER

100% SOY WAX CANDLE
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