

Cleansing Negative Energies from Your Gems, Crystals, Jewelry and Pendulums

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Why Do Gems, Crystals, Jewelry and Pendulums Need Cleansing and Energizing:

Gems and crystals come from within Mother earth. They are alive and intelligent, having the intelligence of nature within every cell of their beings. They are mined either by hand, machine, but grow in the earth and are removed from the earth to be used for many different purposes.

When gems, crystals, or rocks of any type are in the earth, they are exposed to earth energies including magnetic energy fields and electric energy fields. These energies come in a variety of ways including the inner workings of our planet, energy grids surrounding our planet, and from energies from the broader Universe, of which our planet Earth is a very active member.

For example, when lightening strikes the earth, it sends enormous amounts of energy into the earth, and the gems, crystals and rocks within it. Think of the molten lava pouring out of active volcanoes and the energy the heat and minerals within it and how it affects the energy of things within its range of influence.

All planets, including the Sun, the Moon, Venus, Mars, Jupiter, Uranus, Pluto, Saturn, and all other planets, stars, and energies in the broadest Universe influence the energy of gems and crystals.

It's important to remember that gems and crystals are alive. To remain alive and energized once removed from within Mother Earth, gems, crystals, and objects made from elements taken from the earth, need to be cleansed and energized on a regular basis.

Gems, Crystals, Jewelry and Pendulums Attract and Absorb Energy:

Your gems, crystals, jewelry, pendulums, basically anything around you, or on you, can attract positive and negative energy and hold that energy unless the object is cleansed. I remember many years ago visiting an energy worker who

had a large clear crystal cluster in the room where she worked. She laughed and said this crystal automatically cleansed the aura of everyone who came into that room. But it was important for her to cleanse that crystal or it would slowly lose its cleansing power.

The jewelry you wear, the pendulum you hold in your hand, absorbs the energies you have within you as well as the negative energies around you. Therefore, these objects need to be cleansed very regularly.

Suggested Methods for Cleansing Crystals, Gems, Jewelry, and Pendulums:

The following are a few suggested methods for cleansing crystals, gems, pendulums and jewelry. These methods can also be used to cleanse other objects. I have my favorites and try to keep my gems and crystals exposed to the sun and moon on an ongoing basis as well as using Black Obsidian Concentrate.

1. ***The Sun and Moon:*** Place your gems, crystals, pendulums, jewelry, all types of objects, in a place where they will be fully exposed to the energizing rays of the sun and moon. Even if the day is cloudy or you cannot see the moon, their rays will energize the stones as long as they are directly exposed to these elements of nature. They will normally be cleansed within 24 hours of exposure.

However, stones such as black tourmaline which are being used to deflect negative energies or help release negative energies in your physical and energetic bodies, may require up to 48 hours to become fully cleansed and regenerated.

Stones such as aquamarine and amethyst will fade in the sun so you will have to use another method for cleansing and regenerating these gemstones.

2. ***The Earth:*** Place your gems, crystals, jewelry, whatever, in the earth, either directly into the earth or you can place the gems and crystals into a cloth covering, preferably a natural fabric such as cotton or wool or silk. Leave the gem or crystal buried for at least 24 hours to ensure that they become fully re-energized. If possible, find a spot where the soil is not being spread with chemicals through fertilizers or pesticides. This cleanses all negative energies and re-energizes the stones.

3. **Chomng Black Obsidian Spray Concentrate:** For a quick and guaranteed method of cleansing your gems, crystals, pendulums, or jewelry, I make a Black Obsidian Concentrate. This is a concentrate that you mix with water into a spray bottle. Spraying your gems, crystals, pendulums and jewelry with this spray will break down and eliminate negative energies in and around them. The energetic vibration of the Black Obsidian will remain on a gem or crystal for about eight hours, after which it just fades away. For more information about ordering Black Obsidian Spray Concentrate please visit my website at www.mkprojects.com.
4. **Smudging with White Sage:** Take some white sage and begin to burn it until a good strong smoke is coming from your sage. Hold the crystal, gem, pendulum, or piece of jewelry in this smoke for at least one minute and preferably three or four minutes. This clears all negative energies that have become attached to this stone but does not energize the gem or crystal. To re-energize the stone, place it in a window so it can be exposed to the rays of the sun and moon. Remember, they re-energize even when it's cloudy.

White Sage is the only herb that I use to cleanse. Others may recommend other herbs but I find that White Sage guarantees that the cleansing will be deep and complete.

5. **Cleansing by Using Your Intention:** For those who are practiced in using intent to make energetic changes, place the crystals or gems in front of you, focus your mental energies upon these stones, and ask the powers of the Universe to cleanse them of all negative energies and to re-energize your stones for their maximum potential. This method however requires much concentration and focus and you need to practice for some time to ensure whatever you are trying to clear is actually cleared. And please remember to thank the Universe for doing this beautiful work for you.
6. **Running Water:** If you live where you have access to good clear well water that is guaranteed to be free of chemicals, or running water from a creek or river that you know is not polluted, place your crystals and gems in a small container, and let the water run over them, preferably for at least two hours. This will cleanse and re-energize your gems and crystals. Please do not use tap water, since it is full of chemicals. Be careful though because certain stones will actually dissolve in water, e.g. Red Selenite.
7. **Salt Water:** Some people suggest using salt water but I personally find this method to be a harsh and abrasive method and never would

cleanse my gems, crystals, pendulums or jewelry in such a severe solution. Remember that your gems, crystals, metals, and even synthetic materials are alive and have an inherent intelligence. You need to treat them with tender and loving kindness. How would you like to be washed in salt water? Never do to a crystal or gem what you would not like done to yourself.

Whatever methods you choose, treat your gems and crystals with tender and loving kindness. These stones can do so much to heal at all levels including the physical, emotional, intellectual and spiritual levels. They are magical gifts from the Universe and we need to treat them with respect and gratitude. If you no longer want to keep a crystal or gem, take it outside and bury it so it may return to Mother Earth, from whence it came.

I use gems and crystals for making certain Choming Essences. In making these essences I have found the spirit world that is part of these stones. Each gem or crystal has its own personality. Thank your gems and crystals for being here to work with us in our healing journeys. And keep them clean of negative energies and vibrantly alive so they can do what they want to do, in love and service.

Do These Recommended Methods Cleanse and Re-Energize Everything:

Many antiques are filled with negative energies and require specialized cleansing to release these energies. During a trip to Nepal, I purchased five wooden masks in Katmandu. These masks were authentic and had been used hundreds of ceremonies in a temple for about 175 years. There were so many different energies in these masks and it took some time and many different types of clearings before I was able to release all negative energies.

In the past year I was asked by someone moving into a new apartment to check for negative energies and to cleanse whatever required cleansing prior to him moving there. It was relatively simple to cleanse all areas except for a section about six feet long and about 3 feet wide. It took many hours and different types of processes to eliminate these energies. I found out that the previous tenant had been an alcoholic, and a very angry man. He had spent many angry hours on the sofa that rested on that space. His anger and violence had imbedded that specific space with deep negative energies.

I provide these examples so you will understand that some negative energies are very difficult to eliminate and require the effort of someone experienced in releasing and cleansing these negative energies.

Contact Information: Mary Kurus is a Canadian Vibrational Consultant who conducts detailed Vibrational Assessments that identify the physical, energetic and emotional areas that are affecting your health today. Mary also makes vibrational medicines called Choming Vibrational Essences and Choming Herbal Tinctures that can change your energy so that you feel vital and healthy again. Mary has written many articles about vibrational healing which can be found on her Website at www.mkprojects.com . You can contact Mary for a **Vibrational Assessment** at 613-231-5346 or e-mail her at mary@mkprojects.com.