

**Title: Conversations**

**Subtitle: Frozen Light - The Crystal Lightworker Companion**

**Second Subtitle: Cleansing the Crystal**

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Walking along the beach, you see a shiny little pebble and pick it up. After scrutiny, it either ends up in your pocket or back to where it was. Due to us, we often like to collect shiny things or other trivia. I like to interpret enabling us to invite crystals into our lives, sooner or later.

As with the pebbles, we often pick something that appeals to us. It looks good in our hands. Thus, when you are letting which crystals to select you have a similar sense of instinct. If you're purchasing crystals online, your only choice is of the crystal and the heartfelt attraction, or moving emotion. Otherwise, hold it with your receiving hand, which is the left hand. Feel if there is any tension with any of your chakras. It will feel right. But, if it somehow makes you uncomfortable, it doesn't match your vibrations, or is full of negativity. You might think, perhaps it will be right for someone I know? But, if a crystal is meant to be for someone else, it must feel good to you in the first place.

One of the most exciting event for me is when new crystals arrive in my life. Mom and siblings are intrigued by the crystals and they began to be interested in crystals too. I would pore over them like a curious kid, feeling their love and holding them out individually with me each day. Before you do that, it is vital to cleanse the crystal clear it of any residue vibration of the people who handled it. Apart from cleansing the vibration, this step is to ensure that the crystal will work clearer.

One important note: Do not cleanse soft crystals like calcite and selenite in running water. You know the physical property of the crystals beforehand. Otherwise, hold the crystal under running water for a few minutes, all the time visualising negativity and impurities being washed away with the water. Cleansing the crystal in an unpolluted stream or waterfall is ideal, as it is being returned to nature. Then, feel the universe's positive energy flowing through your crown chakra, and visualise a beam of white light from your brow chakra to further clear it. This would require concentration. Once you feel that the crystal is clear, use your own words dedicate it to the highest good of all by divine order. After cleansing, use a singing bowl to attune to and awaken it. For the crystals, it would be like using a singing bowl which is energising as well as soothing. I've a 7-metal Tibetan singing bowl used for meditation. Its sound is extremely calming and pleasant, reminding me of the highland monastery.

Another method of cleansing is to bury the crystal in earth for three days. Use potting soil in a flowerpot for this. Then, hold it under cool running water and dry it quickly above candle heat. After the crystal is squeaky clean energetically, you know it personally. Read up its metaphysical property, sense its physical properties, and give it a life. You can receive information and messages by holding it in your receiving hand.

to your brow chakra. Sometimes the messages will come through your dream

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