

# ***PURIFYING CRYSTALS***

*How to clear,  
charge and purify  
your healing crystals*

Michael Gienger



EARTHDANCER

A FINDHORN PRESS IMPRINT



## Contents

<b>The Skilled Handling and Use of Healing Crystals</b>	<b>4</b>
<b>How Do Crystals Become Contaminated?</b>	<b>6</b>
Invisible 'Ballast' · Information · Attachment · Cleansing	
<b>Washing and Cleansing</b>	<b>11</b>
Contamination and Changes · Washing and Cleansing Crystals · A Patented Cleansing Lotion · Cleaning Jewellery	
<b>Discharging</b>	<b>17</b>
Energy as an Information Carrier · Discharging Energies · Discharging on a Hematite? · Discharging in a Freezer Compartment?	
<b>Cleansing</b>	<b>20</b>
Transience Information · Cleansing on Amethyst · Cleansing in Salt · Cleansing in Sunlight · Cleansing with Incense and Singing Bowls · The Cleansing Ritual	
<b>The Cleansing Ceremony</b>	<b>29</b>
Preparation · Collection · Ceremony · Closing the Ceremony	
<b>Charging</b>	<b>36</b>
Amplifying and Awakening Your Crystals · Traditional Methods · Modern Methods · Charging In Sunlight · Charging In Moonlight · Charging on Rock Crystal · Final Tip	
<b>Other Types Of Care</b>	<b>43</b>
Attentiveness and Admiration · Changes Within Crystals · Water Within Crystals · Storage	
<b>Protection and Purification</b>	<b>48</b>
The Flow of Information Within a Human Being · Dissolving Disturbances · Protection Through Healing Crystals · Attachments in Rooms · Clearing Rooms · Salt Crystal Lamps · Cleansing and Protecting Mixture · Self-regulating Systems	
<i>The Author · Thanks · Credits · Sources</i>	<b>60</b>

## The Skilled Use and Handling of Healing Crystals

It was a phenomenon nobody had anticipated; I had passed on to a friend a Heliotrope crystal (bloodstone) that had been of good service to me on several occasions for treating colds. I cannot remember the exact reason why I gave it to him, but I distinctly remember the effect! No sooner had my friend hung the crystal on a leather thong around his neck, when he began to experience symptoms of a cold. This happened so quickly that luckily he was struck with the idea of removing the crystal. Lo and behold, the cold symptoms disappeared as fast as they had appeared. He applied the crystal again – the symptoms came back; he took the stone away – the symptoms went away. This he repeated several times. Naturally, in the end, he laid the crystal aside and made the inevitable phone call to me saying, ‘For goodness sake, what kind of crystal have you given me?!’

I didn’t know. What was the matter with the crystal? According to everything I knew, Heliotrope was a crystal that was supposed to help with colds, so why was it triggering these symptoms? Was this something like we see in homoeopathy, where you trigger in a well person those symptoms of illness that will heal someone who is ill? We immediately tried out a different Heliotrope crystal and the effect did not occur. We went back to the first specimen – promptly the cold symptoms returned. Something appeared to be *attached* to that crystal, and only that crystal, which was not the case with other Heliotrope crystal specimens. I thought about the colds I had actually cured with that precise crystal, but it brought us no closer to understanding. Possibly the crystal had stored ‘information about the illness’. But how? And more importantly, how were we to get rid of that information?

I began to research this phenomenon and was greatly surprised by how many sources I found on the subject of storing and eliminating information in sensitive substances. Apparently this subject has been known about since ancient times, and there have always been the same hints and pointers on how to get rid of undesirable ‘information’. Cleansing with

incense seemed by far the most favoured method all over the world, followed by cleansing with salt, which took up ten pages alone in a handbook on German superstitions that was a veritable encyclopaedia of customs and folklore!\* At the same time (this was the second half of the 1980s) I came upon verbal traditions among North American shamans that emphatically recommended the cleansing of crystals on that *subtle* level by laying them in an Amethyst druse.

I set about verifying the findings. Healing crystals that had been applied to people with serious illnesses were tested by sensitive persons, who usually reported unpleasant sensations. Naturally, I was sceptical enough to mix in ‘unused’ crystals among the tested ones; but, to my astonishment, these were in fact perceived as ‘more neutral’. The obviously ‘polluted’ crystals were then subjected to various cleansing methods; they were sprinkled with salt, held in the smoke of burning incense, and laid on pieces of Amethyst druse. Lo and behold, afterwards those crystals triggered neither unpleasant sensations nor any kind of symptoms of illness. Even the Heliotrope we mentioned at the beginning was ‘clean’ again.

Ever since then, the cleansing of crystals has become standard practice for the safe and careful handling of healing crystals. Undesirable ‘side effects’ can thus be clearly reduced, and the successful application of healing crystals becomes more reliable. Also, interesting insights about ‘cleansing and protection’ as applied to human beings themselves were gleaned from our experiences with the crystals; this little book reports these as well.



Tübingen, Spring 2008  
Michael Gienger

\* Hanns Bächtold-Stäubli, *Handwoerterbuch des deutschen Aberglaubens* [Handbook on German Superstitions], (Reprint of the original edition of 1936), Berlin, Walter de Gruyter Verlag, 1987.

## The Cleansing Ritual

The effects of burning incense and of using sounds, as well as, in principle, the effects of all discharging and cleansing methods, can be intensified and deepened if the cleansing process is carried out as a consciously conducted ritual and the cleansing process is supported by consciously holding the intention to cleanse.

Whatever the cleansing method (burning incense, tapping the singing bowl, placing a crystal on Amethyst, etc.), we 'insert' the mental intention that all information not belonging to the crystal should return to its origin or be liberated. Conscious intention also makes it easier to dissolve strong attachments.

'Foreign' information is not 'bad' in itself. It is only irritating if its attachment means that the qualities of a crystal (or other things) are overlain or if they are blocked. If the information returns to its real origin, or dissolves out of any kind of attachment state, it becomes free for a purposeful function within the Universe. This shamanic viewpoint, which may be unusual for us, has perceptible effects when cleansing crystals. Try it out, and make the tedious duty of cleansing your crystals into a conscious ritual act of liberation. This will really do something positive for your crystals – and for you as well! More on this in the following chapter.

## The Cleansing Ceremony

The most effective and beautiful way to carry out the cleansing of crystals is with a ceremony that is conducted with full awareness and attention. This cleansing process will acquire a very special quality through our heart-felt attention to the crystals.

### Preparation

Before beginning the ceremony, we should physically tidy the space where it is to be held and prepare a pleasant place for the cleansing work. A cleansing ceremony in the middle of a pile of junk will just not work....



After preparing the space, cleanse yourself by washing or showering (using the cleansing lotion would be a good idea!). I recommend wearing light-coloured, comfortable clothing, if possible made of natural fibres; take off any metal objects, such as mobile phones, watches, metal jewellery, rings, etc. Providing you find it comfortable, go barefoot; roll up your sleeves, or wear clothing with short sleeves. In all cases, ensure that external disturbances are eliminated: unplug the telephone, switch off music and the television. A ceremony requires one's undivided attention!

It goes without saying that you can support the cleansing of a room mentally through the thought message addressed to all attached energies and information, 'Return to your origin, or be free!'

### Self-regulating Systems

Healing crystals may also provide a further important cleansing and protective function in rooms. They are not only helpful during an active clearing process, they may also build up a self-regulating cleansing and protective system if they are set up in the form of larger crystals, groups of crystals and druses in a room.



Again, it is Amethyst ('Liberate yourself from all attachments!'), Rock Crystal ('Be yourself!'), and Black Tourmaline (Schorl) ('Let go of all that does not belong here!') that have proven beneficial for the creation of self-regulating and protective systems. Amethyst is used here in the shape of a druse, and Rock Crystal and Schorl are in the form of freestanding individual crystals.

If you wish to set up a system of this type, it is very important that you first check, through a quiet meditation or silent devotion, whether the room in question actually requires such a cleansing and protective system. Sit

down quietly in the room, or dwell there in your thoughts, and pose the following question to the room: 'Will it be beneficial for all beings to set up a cleansing and protective system with healing crystals in this room?' It should be clear in your intention that your concern is the wellbeing of all participating beings, even if one or the other of the affected beings is not at that moment particularly enthusiastic about the idea (otherwise

you will just get the result of an opinion poll...). The question is asked in order to find out whether the process would be beneficial from a higher point of view.

If your intention is clear you will receive a clear answer, which may manifest as a thought, a feeling, a sensation, a physical manifestation, or even as a seemingly 'coincidental' external phenomenon. However it comes, you will perceive whether this answer will motivate you to carry on or whether you get the impression it would be better to scrap the intention. If the answer turns out to be affirmative, you may then set up the crystals in the room: one Amethyst druse, one Rock Crystal group and a free-standing Schorl crystal.

Possibly the three crystals will appear in your mind's eye in particular sizes and/or arrangements in the room, and you will immediately get a coherent impression. Memorize the sizes and the arrangement, or immediately make a sketch. Otherwise, simply vary the sizes and the arrangement of the crystals in your mind until a coherent impression arises. Not having to actually move the crystals around allows you to freely play and order things until they feel right. When the impression coincides with what feels right to you, remember the sizes and the arrangement and immediately make the sketch.

This initial exercise is helpful for finding the right crystals and setting them up in the right way. It provides you with an idea of that which you are seeking and how the crystals should be arranged. There are no generally applicable rules, as every room is unique.

It is also very important for you to understand that this exercise is an 'approximate orientation' and that you do not have to slavishly adhere to your vision of how it should be done. In the end, the impression of the actual crystals will decide which ones you choose (and your purse may certainly play a part in all this). And, last of all, it is your impression of the room after setting up the crystals that will decide whether they are properly placed. If you need to, change things around until everything feels right! And remember, the facts of the room should be taken into



consideration. A crystal that is always in the way will be more irritating than useful. In the end, it is only you that has to approve it.

Close the setting up procedure with a little ceremony of your own. You have now constructed a self-regulating cleansing and protective system with three crystals, through which foreign energies and information will themselves find their way back to their origins, or become liberated.

As part of your ceremony, you may also add to each individual one of the crystals a thought message for their cleansing and protective functions. The following simple sentence encompasses the entire essence of protection and purification:

*Return to your origin, or be free!*

## Appendix

### The Author

Michael Gienger has been collecting minerals since 1972 and, from 1985 onwards, has immersed himself in the subjects of crystal healing and the energetic qualities of crystals. Michael has also gained international acclaim through his research into crystal healing. He is the author of more than twenty publications, a number of which have become standard works in their field and have been translated into eleven languages so far. In addition to his activities as an author and publisher of the Cairn Elen editions of Neue Erde, Michael Gienger also gives lectures and seminars on crystal healing and related topics.

For further information, see: [www.michael-gienger.de](http://www.michael-gienger.de),  
[www.steinheilkunde.de](http://www.steinheilkunde.de), [www.fairtrademinerals.de](http://www.fairtrademinerals.de),  
[www.edelstein-massagen.de](http://www.edelstein-massagen.de), [www.cairn-elen.de](http://www.cairn-elen.de)

### Thanks

For the impulse that resulted in this little book, many thanks to Sabine Schneider-Kuehnle and Marco Schreier; also for all their support with ideas, inspirations, and materials! Thanks also goes to Ines Blersch for the beautiful photographs; to Anja Birkholz for her enthusiastic commitment as the photographic model; to Peter Walter for his assistance in the studio; to Fred Hageneder of Dragon Design for his excellent design and layout; and to Andreas Lentz, my publisher, for his kindly support and the fast realization of the project. Very special thanks goes to Erwin Engelhardt, Wolfgang Die, Walter von Holst, Monika Grundmann and Joachim Goebel for much inspiration on the subject, as well as to all the people who, over the last twenty years, have reported their experiences with the different methods. Only with their help was it possible to create this little volume.

Heartfelt thanks!

### Illustration Credits

Ines Blersch ([www.inesblersch.de](http://www.inesblersch.de)): all photographs except the following ones.  
Masuro Emoto/Koha-Verlag ([www.koha-verlag.de](http://www.koha-verlag.de)): page 9  
Anette Jakobi ([www.edelstein-massagen.de/tuebingen](http://www.edelstein-massagen.de/tuebingen)): page 10, 47  
Lapis Vitalis ([www.lapisvitalis.de](http://www.lapisvitalis.de)): page 11, 14, 16, 52  
Wolfgang Dengler ([www.weltimstein.de](http://www.weltimstein.de)): page 25  
Joya International ([www.joya.eu](http://www.joya.eu)): page 38 top  
Andreas Lentz ([www.neueerde.de](http://www.neueerde.de)): page 39

### Sources

H. Bächtold-Stäubli, *Handwörterbuch des deutschen Aberglaubens*, Berlin, Walter de Gruyter Verlag, 1987.  
M. Emoto: *Die Antwort des Wassers* (Band 1), Burgrain, Koha-Verlag, 2002.  
M. Gienger, *Crystal Power – Crystal Healing*, London, Cassel/Octopus, 1998.  
M. Gienger, *Lexikon der Heilsteine*, Saarbrücken, Neue Erde, 2000.  
M. Gienger, *Healing Crystals*, Earthdancer a Findhorn Press Imprint, 2005.  
M. Gienger, *The Healing Crystal First Aid Manual*, Earthdancer a Findhorn Press Imprint, 2006.  
M. Gienger/J. Goebel, *Edelsteinwasser*, Saarbrücken, Neue Erde, 2006.  
M. Gienger/J. Goebel, *Gem Water*, Earthdancer a Findhorn Press Imprint, 2007.  
M. Gienger/G. Glaser, *Salz – Nahrungsmittel, Heilmittel oder Gift?*, Saarbrücken, Neue Erde, 2003.  
M. Gienger, *Die Heilsteine der Hildegard von Bingen*, Saarbrücken, Neue Erde, 2004.  
M. Grundmann, *Crystal Balance*, Earthdancer a Findhorn Press Imprint, 2007.  
W. Maier, *Der Mondschild*, [Buch], Saarbrücken, Neue Erde, 2001.  
R. Sheldrake, *Das Gedächtnis der Natur*, München, Scherz Verlag, 1988.  
E. Stahl, *Die Mücke im Bernstein*, München, Franz Ehrenwirth Verlag, 1971.  
R. Strebel/M. Gienger, *Die Individuelle Therapie*, Baden, AT-Verlag, 2005.  
A. Witt/W. Maier/M. Gienger, *Der Mondschild*, [Table], Saarbrücken, Neue Erde, 2004.

Michael Gienger

**Healing Crystals**

The A - Z Guide to 430 Gemstones

*Paperback, 96 page, ISBN 978-1-84409-067-9*

All the important information about 430 healing gemstones in a neat pocket-book! Michael Gienger, known for his popular introductory work 'Crystal Power, Crystal Healing', here presents a comprehensive directory of all the gemstones currently in use. In a clear, concise and precise style, with pictures accompanying the text, the author describes the characteristics and healing functions of each crystal.

Michael Gienger

**The Healing Crystal First Aid Manual**

A practical A to Z of common ailments and illnesses and how they can be best treated with crystal therapy.

*288 pages, with 16 colour plates, ISBN 978-1-84409-084-6*

This is an easy-to-use A-Z guide for treating many common ailments and illnesses with the help of crystal therapy. It includes a comprehensive colour appendix with photographs and short descriptions of each gemstone recommended.

Michael Gienger

**Crystal Massage for Health and Healing**

*112 Pages, full colour throughout, ISBN 978-1-84409-077-8*

This book introduces a spectrum of massage possibilities using healing crystals. The techniques have been developed and refined by experts, and this wisdom is conveyed in simple and direct language, enhanced by photos. Any interested amateur will be amazed at the wealth of new therapeutic possibilities that open up when employing the healing power of crystals.

Michael Gienger, Joachim Goebel

**Gem Water**

How to prepare and use more than 130 crystal waters for therapeutic treatments

*Paperback, 96 pages, ISBN 978-1-84409-131-7*

Adding crystals to water is both visually appealing and healthy. It is a known fact that water carries mineral information and Gem Water provides effective remedies, acting quickly on a physical level. It is similar and complementary to wearing crystals, but the effects are not necessarily the same.

Gem Water needs to be prepared and applied with care; this book explains everything you need to know to get started!

Monika Grundmann

**Crystal Balance**

A step-by-step guide to beauty and health through crystal massage

*Paperback, full colour throughout, 112 pages, ISBN 978-1-84409-132-4*

Our physical wellbeing reflects every aspect of our lives and inner selves. As a result, massage is able to influence us on every level – mind, body and spirit.

The Crystal Balance method aims to help our bodies relax and recover, encouraging our soul and spirit to 'be themselves'. When we are truly 'ourselves', we are beautiful. It is as simple as that.

Isabel Silveira

**Quartz Crystals**

A guide to identifying quartz crystals and their healing properties

*Paperback, full colour throughout, 80 pages, ISBN 978-1-84409-148-5*

This visually impressive book brings the reader up close to the beauty and diversity of the quartz crystal family. Its unique and concise presentation allows the reader to quickly and easily identify an array of quartz crystals and become familiar with their distinctive features and energetic properties.

### Publisher's Note

The information in this volume has been compiled according to the best of our knowledge and belief, and the healing properties of the crystals have been tested many times over. However, bearing in mind that people react in different ways, neither the publisher nor the author can give guarantee for the effectiveness or safety of the use or application in individual cases. In cases of serious health problems, please consult your doctor or naturopath.

*Purifying Crystals*  
Michael Gienger

First Edition 2008

This English edition © 2008 Earthdancer  
GmbH

English translation © 2008 Astrid Mick  
Editorial: Claudine Bloomfield

Originally published in German as *Reinigen,  
Aufladen, Schützen*

World © Neue Erde GmbH, Saarbruecken,  
Germany

All rights reserved

Title page: photo Ines Blersch  
Design: Dragon Design UK

Typeset and graphics: Dragon Design UK  
Typeset in News Gothic

Entire production: Midas Printing  
Printed and bound in China

**ISBN 978-1-84409-147-8**

Published by Earthdancer GmbH, an imprint of:  
Findhorn Press, 305a The Park, Findhorn,  
Forres, IV36 3TE, Great Britain  
[www.earthdancer.co.uk](http://www.earthdancer.co.uk)  
[www.findhornpress.com](http://www.findhornpress.com)

---

For further information and book catalogue contact:  
Findhorn Press, 305a The Park, Forres, IV36 3TE, Scotland.  
Earthdancer Books is an imprint of Findhorn Press.  
tel +44 (0)1309-690582 fax +44 (0)1309-690036  
[info@findhornpress.com](mailto:info@findhornpress.com) [www.earthdancer.co.uk](http://www.earthdancer.co.uk) [www.findhornpress.com](http://www.findhornpress.com)



**EARTHDANCER**

A FINDHORN PRESS IMPRINT