



Video Transcript

Energy Cleansing Techniques You Can Do With A Crystal

Hi, everyone. My name is Colleen McCann, and I'm here to share with you an energy clearing technique that you can do with crystals. I know we have a lot sitting here, but the one that I chose to work with today is selenite. And that's because it is a master purifier. So I like to think about selenite is kind of like the air purifier for a space. So it's helping to suck up any unwanted energy that we don't need. So I want you to grab a selenite at home and follow along.

We are going to work with our chakra system today and do a little bit of meditation. So go ahead and get ready and follow along.

The first thing I want you to do is to take your selenite crystal and a palm stone shape is best for this exercise. You're going to take this and gently place this on your root chakra. Start to fill the energy of the crystal.

Take a nice deep breath And go ahead and close your eyes with me. Since the root chakra has to deal with grounding, I want you to think about anything that is making you feel ungrounded and allow that crystal to remove the energy from your root chakra.

Please take some deep breaths as you do this letting all of that energy go as it does not serve your highest and greatest good and then go ahead open your eyes for a moment and go ahead and move that selenite crystal to your second chakra and we know that the second chakra deals with emotions i want you to go ahead and gently shut your eyes with me and think about anything that's been getting in your way that has to do with your emotional body you're angry about something you got in a fight with someone. Something has upset you at

work. I want you to go ahead and breathe that energy into the selenite crystal.
Let it absorb it.
Nice deep breaths, trying to stay relaxed.
And let's go ahead and open our eyes and move the selenite crystal to our third chakra, which deals with personal power. I want you to close your eyes and think about any time recently that Your power has been challenged.
Your boundaries might have been challenged. You may not have stood up for yourself when you should have.
I want you to blow all that unwanted energy through your body into the selenite crystal and let it go. Because you don't need it.
Go ahead and take a cleansing breath, please.
And let's open our eyes and move our selenite crystal to our heart chakra.
I want you to go ahead and shut your eyes again gently.
And to think about any time that you experience any type of heartbreak, any type of hurt that you may experience with someone in your life, any time you might have hurt yourself with negative self-talk, negative thoughts,
Go ahead and give all of that to the selenite crystal. Let it absorb it.
A big breath in and out.
Remembering you don't need that.
Let's open our eyes and move the selenite palm stone to our throat.
This is the fifth chakra that has to do with communication.
Go ahead and shut your eyes again.
I want you to think about any time that you didn't speak your truth and you should have.
Anytime you should have spoken up for yourself or advocated to someone else and you didn't. You do not need to hold on to that energy.
Go ahead and let that energy go into the crystal.
It's not yours to hold.
And take a big breath in and out.
Let's lightly flutter our eyes open and take the selenite crystal to our sixth chakra, our third eye,
gently placing the selenite on your forehead and shutting your eyes.
This is the seed of our intuition. And I want you to think about a time that you could let go of that you didn't follow your intuition.
You knew you should have done something and you didn't. You may have had an intuitive dream and didn't follow the messages.
You may have pulled a tarot card and didn't listen to what that's had to say either.
A trusted spiritual mentor could have led you in a very good path and you also chose not to follow very good intuitive advice.
I want you to let all of that go to make space so that you can allow more intuitive information to come in.
Go ahead and breathe all of that into the crystal.

And let's flutter our eyes gently open again and move the selenite palm stone to our crown chakra, which is the connection to the divine. And no matter what you call that, source, universe, God, goddess, Whatever you feel that energy is coming from, I want you to connect with that and to think about anything that could be blocking you from receiving messages from the greater universe, the greater cosmos, the greater source energy that we all have the divine right to tap into.

I want you to go ahead and let that go.

Biggest breath you've taken today,

and let's remove the crystal from our crown and keep it in the palms of our hands and gently flutter our eyes open.

Now, what's really interesting, and I know this is the next question that comes up, we have all this energy sitting in the selenite crystal. Selenite happens to be a self-clearing crystal. So you don't need to put this out in the sunlight. You don't need to bury it. You don't need to run it underwater. You don't need to do any of those things. It's actually just going to clear itself, which is why I love using selenite for an energy exercise like this. I like to do this exercise if I've had a really hard day at work, perhaps I was traveling on a plane, I went to a party, somewhere I came in contact with a lot of people's energy, or maybe I've been having a particularly hard time, mentally physically or emotionally. This is going to kind of help to recalibrate my chakra system, my field, my energy at large. So I hope this ritual was helpful and thank you for joining me with Gaia goddess and please check out the other videos that have to do with crystals.