



Video Transcript

Learn The Magic Of Salt Energetic Detox For Your Home & Body

Hey everyone, my name is Colleen McCann and I'm here today to talk to you about the magical properties of salt. So the very first thing I want to tell you, and I know you probably have these in your kitchen, but we've got a. Push these to the side today because that is not the salt that you want to work with when doing any kind of magical work, spiritual, energetic work.

But I'm gonna walk you through everything that you actually can use. So the very first. Thing I want to speak about is Himalayan salt. You can also get this in the grocery store in the same place that you're finding these iodized salts, but this is safe for doing energetic work. So obviously, very simply, you can cook and season with Himalayan salt, and that's one way to get the energetic properties of salt to work with your body and your energetic field.

But we're gonna take this one step farther. The first thing I'd like to share with you about is how you can use salt to clear your crystals. The very easy peasy way to do it is to take a bowl and to pour Himalayan salt into the bowl, and you can stick your crystals right in there. And just let them lay on the bed of salt.

The reason I say that's like the number one easy way to do that is because some crystals are not able to be exposed to water. It can, um, it can like. For example, you don't want to put iron pyrite into, uh, with water and salt because it will cause sulfuric acid to form. So there's also crystals that will disintegrate.

You really do have to do your research to see what crystals are safe to have their energy cleared with the magic of salt. Okay? But if you know your crystal's okay to put into water, what

I'd like for you to do is to take the water. The salt just like this. You don't need that much, and literally mix it around until, until it dissolves

and simply drop your crystals into the water. I have amethyst and rose quartz with me today because I know both of those crystals are safe to put into water. How long do I leave it in there for? Well, you could just do 30 minutes if you don't have that much time. If you want to further your crystal clearing with salt ritual, you could leave it in here overnight.

You could also take. This whole setup outside and leave it under the full moonlight, which happens once a month when we have our full moons. Uh, the one disclaimer I will give you about that is you never want to leave your crystals clear under full moonlight when it's an eclipse. So that's just a little hot tip right there.

And then you can simply bring them in in the morning and you'll take them out and dispose of this water. The next way we can work with salt is a salt based crystal. So I'm going to speak about selenite. It's one of my favorite crystals because it can do so many things and it's so beautiful. White is one of my favorite colors.

So all these pieces right here are selenite. So this is a Selenite tower. Um. Selenite is a great crystal to, to help clear the energy of your space. I like to look at it as the air purifier of the crystal world. So it's, it's cool, it's basically collecting the unwanted vibes and sending out good vibes in its place.

That's the best way to look at it. So if you have a selenite tower, this is a great piece that you could sit on a coffee table or your dining room table, an end table, something like that. Uh, also an altar, because that's gonna keep the energy moving on your altar. We also have selenite as a palm stone.

This is great for meditation. Um, sometimes I'll sleep with selenite palm stones underneath my pillow. I will give you a little tip about selenite since it's a salt. Base crystal, right? And we know salt dissolves in water. If you are going to meditate with, um, a selenite palm stone, uh, make sure your hands are really dry.

Like don't, don't kind of go wash your hands and they're still a little, uh, water on them. And then touch the selenite. What happens if selenite gets wet? It can start to crack. Break in half, it will dis, it will completely dissolve and then you lost your crystal. The other way we find selenite is in logs and we have little mini travel sized ones here, but selenite can actually come in giant pieces like this and they look like white shiny fire logs.

Amazing. Um, I've definitely filled a fireplace up with those before when doing some. Interior design work, and it's just look gorgeous. But we have little mini ones with us today because we're working with small pieces, and I always believe working with crystals in practicality, and since we don't need a giant piece, we're working with tiny items, this is gonna get the job done.

I have two pieces of jewelry here. A necklace and a bracelet, and I'm going to clear the energy of these pieces by simply. Placing these on top of the selenite logs. Okay. I mean, why are we doing this? Why are we clearing our jewelry anyways? Because it has crystals in it and it's collecting energy, and we know crystals, no matter what form they're coming in, they are collecting and emitting energy out into the world.

So we kind of wanna give them a clean baseline. It's just like when we take a shower, we're also giving our. Crystals and in this case crystal jewelry, a shower. So, um, I want to speak to that a little bit because, uh, you know, why are crystals get energetically dirty? Well, there's a couple things that can happen.

So the first is, let's just say you go out, you're, you've got like a really. Big, juicy, shiny, sparkly, gorgeous piece on like the one I'm wearing. Everybody's like, Ooh, that's so pretty. And then they start touching it. Well, the thing is, when you're in relationship with a crystal, that's between you and the crystal, and so you just don't want anybody else's vibe on your piece.

You know? It's not that. Necessarily that the someone else's energy is bad, it's just not yours. So you want to clear anything that's that's not related to you and the relationship with the crystal. The other reason is, is I've mentioned crystal's pull in information, and so, um. Imagine, you know, again, you're just like out in the world, you're, you're on the subway, you're on an airplane, you're, you're at a business meeting.

Your, your crystal is sensing and sometimes grabbing different things in the room that doesn't have to do with you. And we just kind of want to, to clear the decks and so you can keep that relationship between you and the crystal you're working with. Super clean. Let's go to Epsom salts. This is an excellent crystal salt based crystal to be working with in the bathtub.

So if you are into doing, uh, sacred bathing rituals or perhaps, um, you've just had a long day and your muscle cer. Epsom salts is excellent. You can take a bowl of about this size and just dump it into the bathtub and hop in. Um, this is a very easy practice to work with when it comes to salt work. Epsom salts comes in giant bags at the drug store.

About like two pounds. So you really, uh, get your money's worth there and can hold onto it for a while and can get many, uh, baths out of a bag of Epsom salts. The last thing I want to talk about, I'm gonna have to roll my sleeves up for this, is doing a salt scrub, like this one totally matches my outfit.

Love it. And. You're simply going to take some salt scrub like this, and normally you would be doing this over your bathroom sink, and you're going to start to rub the salt in between your hands. Remember, this is a energy purifying technique. So again, you've, you've been out all day, you were shaking hands, you were hugging people.

You just have other people's energy or vibes on you. And it's not that it's bad, it's just not yours. And I want to be clear about that. It's, it's, uh, friends, family members, colleagues, strangers, whoever it might be. Uh, it's just not your energy. I have a, a mantra that I like to say. I do this technique every night.

It's, it's quick. Any energy that is not mine or of my highest and greatest good, you need to get out. And I think about the people I've come in contact with that day. I am like, Hey, you gotta go all the people. I shook hands with all the people I hugged, and I'm going to run my, um, salt, scrub up my arms a little bit.

Now remember, I'd be standing over a sink, so at this point I'd get my hands wet. And working with any kind of elementals really helps to clear our energy field. So now we're going to bring water into the mix. And once my hands are under the water, I would say, uh, to please have the water. Take all this energy that is not mine down the drain out.

Eventually into the earth and to be mulched for good. And you do this as long as you need to, I don't know, maybe like two minutes. And once you feel complete, wash your hands and go on your way. It's a very, very simple thing if you do any of this to, to clear your energy every night and you get a great scrub with your skin.

So you'll have super soft hands in the process. And who doesn't love that? Okay. I hope these tips and tricks were helpful. Um, I've shared so many other things with Gaia Goddess, so please tune into those other videos about crystals and energy work and I'll see you soon. I.