

There are many ways to renew energy in stones. Pick one that appeals to you, being sure to consider the other materials in the piece. For example, you would not choose water if your piece is strung on leather.

You may select a method included in this brochure, or do your own research online. Just be aware that some methods are not advised for certain stones. Some should not be exposed to extended sunlight. Others react to salt or chemicals that may be present in water. For this reason, my favorite methods are the first two I discuss; however, you should pick what resonates with you.

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My personal beliefs are reflected in this brochure. I offer the enclosed information for your consideration. Any use you choose to make of this information is at your own discretion. Nothing stated herein is meant to imply any medical advice.

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Smoke (Smudging)

Choose a smudging herb such as sage or sweetgrass, or use your favorite candle or incense. (I like frankincense.) After lighting the chosen material in a fire-proof holder, pass the piece several times through the wafting smoke to clear negative energy and refresh the vibration levels of the stones. Refresh the intention at the same time. Ask your guides, angels, or Higher Self to restore the intention of the piece to (here state the original intention of the piece). Once done, always remember to thank the one you asked by closing with Namaste or Amen or other words of your choice.

Music

If you have access to a piano, place the talisman on the piano. While holding down the right pedal, play every key, black and white, from one end to the other. (This requires a full 88 keys, not an electric keyboard.) Wait for all sound to dissipate. Repeat the process twice more, alternating the direction of play. You may feel your energy refreshed.

Light

If the weather is nice and the moon is full, you can refresh the energy by placing your piece in the light of a full moon/sun for 24 hours. As you place it in the light, you can then ask for the intention to be renewed as mentioned in the smudging instructions. **Caution:** Sunlight can fade amethyst, opal and turquoise so use another method if these stones are included in your talisman. Since this must be outside in the light rays, be sure you select a safe place for it, or allow that when you return for it your talisman may have chosen another person who needs help. (You may find they disappear and reappear in your life, depending on needs.)

Water

Running water can be used for cleansing, but in urban areas can contain chemicals that may interfere with the energy. If you have good filtered water, this can work. Simply run the piece under room temperature or lukewarm water while following the above method for renewing the intention.



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Cleansing for Your Talisman

Other Methods

Some recommend burying the piece in the earth for 24 hours. Ask Mother Earth to take the negative energy and renew the intention. Be sure to mark where you buried it!

If you are a gardener, you may like to put the piece in a bowl of flower petals, such as roses, or other favorite scented flower for 24 hours.

If you have a quartz or amethyst crystal cluster, you can place the piece on top of the cluster for 24 hours.

Frequency

You can do this whenever you feel it should be done. Some materials, such as pearls, absorb negative energy very easily and can reflect it back on the wearer, so more frequent cleansing may be required if you are exposed to negativity (yours or others'). Additionally, some talismans take care of their own needs by disappearing for awhile or taking a run through the washing machine!