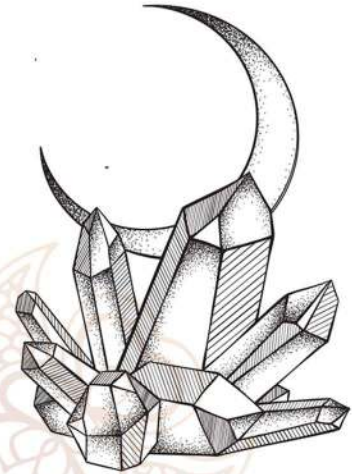


# Selenite

Also known as Moonstone, Selenite is one of the most powerful crystals for spiritual work.

**Origin:** Selenite is the name of the crystalline form of the mineral gypsum. It is found in many parts of the world.

**Main uses:** Protection, cleansing, calm, spiritual development.



## Cleanse + Activate

The white crystal of light, Selenite is self-cleansing. This is one of the unique crystals that don't need to be cleansed.

If your Selenite stone is dusty or dirty, you can run it under tap water for 5 seconds. Selenite is a crystal that dissolves when soaked in water, so don't submerge or soak it. Instead, rinse the selenite crystal occasionally. Use a soft brush and let it dry.

The energy of Selenite is able to cleanse and remove negativity.

Pick up your Selenite and hold it with both hands. Bring it close to your belly and breathe in its energy. Take some time to tune into it. What do you feel?

## Other uses

Selenite is linked to the Moon and it serves as a guide for the spirit.

Used in meditation, or placed on the top of the head, selenite helps during works of change and transformation.

Carrying a selenite stone can help clear your mind of negative thoughts, as it balances and stabilizes emotions.

Wear a selenite gemstone necklace or earrings to keep the healing, balancing vibrations near you during the day.