**Why Selenite is Your Key to Energy Clearing**

One of the most needed crystals we can have in everyday use is Selenite. It is often an overlooked crystal and not mentioned as much as other crystals. However, it carries with it a crucial energy-clearing ability that can improve our daily lives.

**Selenite’s Energy Clearing Power**

Selenite has a vital energy clearing ability to keep other people’s energy out of our space. Often, in many empaths, the energy of others can push their way into our environment. Since empaths are givers most of the time, we can take on these people’s energies and feel drained after.

Selenite keeps us from taking on other people’s energies. It preserves our energy by keeping theirs out of our space. It’s most useful to place it on a keyboard when typing an email. You can also set it in front of your phone while talking. Another way you can harness the energy blocking ability of Selenite is to hold a piece of it in your hands.

**Daily Use of Selenite**

A trend lately is to use Selenite in home decor. I’ve seen lamps at the local store that feature Selenite. The light illuminates the Selenite.

Slabs of Selenite make powerful crystal charging plates. You can use these as a base to place crystals on. The Selenite releases negative energy from the crystals and recharges them.

One of the most common pieces of Selenite comes in the form of a stick. A stick of Selenite lays perfectly on a keyboard or in front of a computer monitor.

**How to Use Selenite to Clear Energy**

Selenite can clear your energy by holding it in your hands and connecting with it. Use an intention phrase to release the blocked thoughts and emotions in your mind, body, spirit, and space. A stick of Selenite works best to clear the energy around you. You can use it on your desk, under your pillow, wear as jewelry, and carry it around in your pocket.

Try meditating with Selenite to open your crown chakra. The crystal connects you with your higher self and clears away doubt and confusion. It helps bring in more clarity and has the ability to help you with a swift decision making process. You can also use Selenite to clear your aura whenever you feel unbalanced. Selenite rejuvenates your energy after rejection and negativity.

Selenite itself does not need to recharge. It clears away negative, pent up energy from other crystals, and restores them. To renew your crystals, place them on a slab of Selenite for about 12-24 hours. Set the intention for the Selenite to clear and recharge your crystals and tumbled stones. Repeat this process once a month, or if you believe they need to recharge sooner.

Use these intention statements when using Selenite:

* I am clearing my energy and space of all negativity and other people’s energy
* I am clearing away confusion and allowing clarity for my decisions
* I am recharging my environment with pure energy
* I am getting a peaceful night’s sleep by clearing my mind, body, and spirit from all others’ energies