



EGYPTIAN EYES

# how to safely cleanse your crystals

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# how to safely cleanse your crystals

## water

Water is known as the universal cleanser but when it comes to crystals, you have to be careful when cleansing using water. Water works best for polished stones. You should never try using water on rough or natural stones or geodes. To cleanse using water, simply dip the crystals in a bowl of plain water. You can also just hold the crystal for a moment under running water as well. Don't use saltwater as it can weaken the stone cause it to lose its shine.

## moonlight

If you're looking for a safe way to cleanse any kind of crystal and stones, then moonlight is the way to go. To do this, you'll have to utilize the 9-day period during the moon cycle where there's sufficient moonlight to cleanse your crystals. These phases include waxing Gibbous, Full Moon, and waning Gibbous. All you need to do is place your crystals on a table outside or near a window that's bathed in moonlight. Your crystals will be all charged up the next day.

## sound

Combined with intention, sound can also be used to cleanse crystals. To create that reverberating sound, we recommend using instruments like a tuning fork, singing bowl, bell, chime, tingsha, or even your own voice as you chant a prayer or mantra. You can be creative during this process and even incorporate using musical instruments like violin, flute, or piano. Just make sure that you allow the sound to wash over the crystals and actively visualize the release of old energies with every sound wave being emitted.

## sunlight

Like water, sunlight can be such a powerful crystal cleanser but only for certain types. Some crystals tend to fade with prolonged sun exposure. Think of it as causing "crystal sunburn." To make sure that you're keeping your crystals safe, don't keep them under direct sunlight for more than a few minutes.

## nature

In as much as we human beings feel energized by spending some time with nature, crystals get recharged just the same. Whether it's a visit to the woods, hanging out by a waterfall or stream, or even something as simple as being exposed to a fresh air environment, your crystals can be cleansed by being one with nature. Of course, just make sure that they're protected from the elements, especially from getting too wet or from too much sun exposure.

## starlight

Did you know that starlight is actually the most powerful method of cleansing crystals despite not being as popular as the other methods? Coupled with guided meditation to summon the energy of the Cosmos, you can recharge and cleanse your crystals with the help of planets, stars, constellations, galaxies, comets, and other celestial bodies that affect us humans as well. Cleanse your crystals on clear and starry night and they should be all set the next day.

## crystals

Some crystals can be used to cleanse other crystals. These self-cleaning crystals are Clear Quartz and Selenite. They never need cleansing and in fact, can even provide a cleansing platform for other crystals. All you need to do is place your crystals on top or right next to Quartz or Selenite, so they are in contact in some way. You can leave them overnight or as long as you deem necessary.

## smoke

One of the most favored way of cleansing crystals is by smudging using the smoke from Sage, Palo Santo, herbs, or incense. This cleansing method can be done regardless of the weather or time of day. However, it is a ritual that requires some planning and practice, so just make sure to read up and research on how to smudge properly and effectively.

## intention

You can also project pure intention, prayer, or mantra into the crystals to cleanse them. This is more effective if you're an experienced Meditator, Reiki Master, Psychic, Shaman, Energy Worker, or Healer. Intentions can help remove psychic debris from your crystals, rendering them more effective and powerful for use.