

Alchemy of Starlight

**A Guide to Maintaining The
Energetic Balance and Physical
Longevity of Your Crystals and
Gemstones**

**By Eric Justin
of OneOriginStarseed**



Guide to Maintaining The Energetic Balance and Physical Longevity of Your Crystals and Gemstones

Disclaimer:

*** The following is provided for information purposes only. All crystal washings, energetic cleansings, chargings and energetic cultivation techniques are to be done at one's own discretion. Due to the wide range of variables that can affect the appearance and structure of a crystal, we accept no responsibility for any damage that may occur either to one's crystals or oneself during any of these processes. However, we will always guide you as safely and effectively as we can, and to the best of our knowledge and experience. One who reads and practices the techniques found in this book are automatically bound to the terms and conditions set on our website. Please refer to the following for more information:

<https://oneoriginstarseed.com/gnctd-terms-conditions/>

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Guide to Maintaining The Energetic Balance and Physical Longevity of Your Crystals and Gemstones



The Origin

Oneness is the original bond of our existence which can be traced back to the subtle origin of all, both in and out of creation. There are two basic aspects of physical existence, which appear to be distinctly opposite, yet are the fundamental expressions of the primal subtle energy from which we all originate. These are darkness and light.

The original source of divine reverence and evolution of all life on our planet is the sun. The sun has been looked at as the divine origin itself since ancient times preceding recorded civilization. The sun is our life breath and without its energy, life on our planet would not be possible. It is often overlooked that our sun is a single star in a vast sea of an infinite number of stars. These stars are a part of the ocean of existence which is enveloped by unending space. Although it appears to us that our sun's energy is the source of all life, it too has a source which also relies on another source and another.



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The dance of starlight on the dark space that envelopes the totality of our existence, is responsible for all of the infinite forms and combinations of matter that generate throughout all space and time. The interplay of light and dark, is the original romance of all that is, and is not. The true creator has no face, sex or preference, yet it unceasingly churns out life genesis by the breath of its movement. Through this grace, our little planet Earth is blessed with a combination of life elements that has evolved into the amazing state of life that we live on this planet.

Simplicity and balance are the keys to sustaining our precious existence and the life of our spirit in our bodies. Divine energy has given birth to nature and nature has conceived all of us. That which stays close to the root, will endure and even thrive in a state of balance and harmony.

Our physical lives all come from Mother Nature herself. She contains the basic set of ingredients that provides all that we could ever want or need. Our intuitive connection through her to our source, is the voice that will always guide us in the direction that all life dances towards. To remain a part of this dance is to know eternal sustenance and harmony. Oneness is the magnetic bond of this selfless expression.

The highest form of evolution on this planet is believed to be the human mind. The mind is a spark of the divine which when used properly, has potential for higher and higher states of existence. When used carelessly however, there is risk of chaos and suffering.



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By holding to the root of nature in oneness, we can build a way of life on this planet that can turn it into heaven itself. Earth is the seed of a star and is still in the womb of its mother. The daily choices we make either consciously or unconsciously either increase the chances of a successful delivery or could turn us in an unfortunate direction. By choosing to live a conscious and responsible life which embraces oneness, is the best gift we could give to our mother nature during her pregnancy.

Often times our self-created lifestyles have led us to troubles and difficulties. Our mind can help us refine and maintain our life experiences, but our intuition, when clear, is the guiding voice of our origin. The intuitive voice of our mother shines when the mind is silent and seems absent when the mind is busy.

Mother nature always has the solution to our self-created problems and misfortunes. The solutions are always simple although we often make them complicated. Staying close to the root, is to be close to nature. When the mind dominates consciousness, the mother's gifts are hard to recognize. When receptive and close to nature, her gifts are clearly visible.

Self-mastery means learning to become a master artist of our life expression. One who is guided by harmony and love will know instinctively that this is all our dear mother wishes for us. To support our growth and evolution, she has interlaced this physical existence with various gifts and treasures. Some are obvious and in plain sight while others are hidden and become available only when we are ready.



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Walking a gentle path on our mother and learning to live in harmony with all, we are naturally led each moment in the correct direction, in which everything we need for development and balance is readily available to us even if we have to work a bit for it. Not all of her gifts are made use of or become noticed by all, but when one becomes aware of the power of her gifts it is only natural to want to share that awareness with the other members of the one tribe of life on this planet.

We have seen the value of one of her precious gifts in the form of crystals and gemstones and have lived with them in balanced application for a long time. It is our effort to clear up some misconceptions and falsities which have built up around their usage while at the same time offering honest and straightforward techniques, practices and information on their usage, energetic maintenance and physical care.

For those of you who are on this path with us, we hope to be of genuine service to you in many ways. One of which is providing books and information such as these in addition to being a trusted source of offering quality natural gemstones and accessories to all who have an appreciation for our creations.

We hope that you too will discover what precious gifts, crystals and gemstones are, and are able to use them to assist you in your life journey and spiritual evolution. Feel free to reach out to us if you ever have any questions or concerns and we will respond with our best energy.

In Oneness and Harmony,

Eric Justin

of OneOriginStarseed

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Part I

In life, perhaps it can be said that balance is the most important principal one could follow to maintain longevity, happiness, health and success. As the co-creator of one's endless journey alongside Mother Nature, she has given us many natural treasures that if treated with respect and reverence, can assist us in countless ways on our path.

One of these gifts of course, are natural crystals and gemstones which can be wonderful allies throughout one's life journey. Compared to other natural empowering and healing substances such as herbs, crystal have the added benefit of being a seemingly inexhaustible source of support that does not run out or constantly need to be re-purchased, resourced or restocked. If care and a few basic principles are upheld, your crystal allies will be there with you and functioning optimally for many years to come.



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The cycles and energies of nature show us the many ways in which life constantly renews and revitalizes itself. Although some aspects of nature appear to effortlessly exude an inexhaustible source of energy, upon closer observation and looking at the bigger picture, we often realize that nature follows its own process of energy cultivation to achieve constant revival and renewal throughout every energetic phase and transition it goes through. In other words, the balance of energy and harmonization of elements is the wellspring of her power.

The proper care and maintenance of crystals is no different. Crystals require energetic cleansing and charging periodically if the power of their natural state and energetic properties are to be maintained.

That being said, with just a small amount of regular attention, one can ensure your crystals stay happy and in a balanced state of optimal performance for a very long time.



The Physical Cleansing of Your Crystals and Gemstones

Like most objects, with regular use and handling, your crystals will get a little dirty or acquire a film or greasy buildup. A periodic physical cleansing will ensure they maintain their natural beauty. In this regard, there are some things that need to be kept in mind and observed.



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The safest and most common ways to physically clean most crystals are either with plain water or with a soft, clean and dry brush. Cleansing agents and soaps are not generally recommended; however, a safe and mild natural soap may be acceptable if the crystal is safe to wash with water.

Washing Your Crystals and Gemstones to Physically Clean Them

The first question you need to ask yourself is...

Are my crystals safe to wash or soak in water?

This is important!

The general rule is:

It can usually be said that most crystals with a hardness of 5 or higher on MOHS, are water safe at least for a brief time

The Mohs Scale of Hardness is used to help identify minerals and to measure their hardness and how resistant they are to scratch and abrasion. The scale is from 1 to 10 and each mineral is graded a number on that scale. There are some exceptions so please look at the detailed individual information given in order to find out more about a specific crystal.

Wondering what is the MOHS rating for your crystal?

A simple internet search with the name of the crystal followed by the word MOHS will quickly yield the number you are looking for. In addition, we have created a resource for your reference which is available free of charge here: <https://oneoriginstarseed.com/crystal-properties/>



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Please find the individual crystal in question and click on it to scroll down and find the MOHS number as well as whether it is washable or not.

Even crystals softer than a 5 on Mohs can sometimes be washed with water if the washing is done quickly and the gemstone is dried immediately afterwards. If doing so, please do it quickly and with care. But before doing this, please check out the crystal resource given above for more information on each individual crystal.

** Please be aware that soaking crystals in water for an extended time often will cause damage to the physical appearance and maybe even the physical structure of many types of crystals. This may even be true for the ones that have a rather high number on MOHS. Due to this, we don't recommend soaking your crystals in water. But you are free to experiment at your own discretion.

** Please be aware that although many crystals are safe to wash in water, if the water is salted however then many of these crystals may still get damaged to some degree. Although many recommend salt water for the energetic cleansing of crystals, it may be best to avoid salted water for the physical cleansing of your crystals, if you want to maintain its physical beauty. But again, you are free to experiment at your own discretion.

** Please be advised that there is a chemical cocktail in most tap water that could unpredictably damage certain crystal types even if the gemstone in question is supposed to be water-safe. Please try to use filtered or purified water when cleansing your crystals to avoid any unwanted surprises.



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Using a Soft Brush to Physically Cleanse Your Crystals and Gemstones

Although it is not the most effective way to get your crystals sparkly clean, for some soft crystals and minerals that have acquired dust or light soiling, using a soft clean brush may be a valid option. In this case, find a clean dry brush with soft bristles and gently use it to clean dirt and debris from your crystals. This is usually a safe option for almost all crystals and gemstones, but will not be able to remove many types of soiling that could build up on the stones with regular usage. Although, for many softer minerals for which water contact is damaging, this may be the only option in such case.

The Energetic Cleansing of Your Crystals and Gemstones



Introduction to Energetic Cleansing:

A term such as "Energetic Cleansing", even a short number of years ago would have evoked criticism from both the general scientific community as well as the general public at large. However, modern science is quickly catching up day by day to discover and prove much of what ancient cultures on this planet have already known and lived for thousands of years.



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Modern physics have proven that all of creation is a big sea of energy which vibrates at different rates and frequencies, and in turn gives us differing states of matter and form. The study of chemistry and physics in modern times has shown us that when two forms of energy come in contact with each other, there is almost always an exchange of energy to some degree as well as a change or transformation in the energy composition of both as a consequence. Simply stated, everything on the physical plane has a kind of energy signature which can influence or be influenced by the energy signatures of other life forms and by forms of matter.

To illustrate this point let us use as an example. The most vital and important ingredient for life on this planet is undeniably, WATER. The surface of the Earth itself is said to be made up of about 71% water. In contrast, the human body is said to be comprised of about 60% water and its blood is said to be made up of 90% water. To say that water is an extremely vital ingredient for life on this planet to continue to thrive, is an understatement.

For years, humans have viewed water as a kind of commodity with which we can manipulate as we will for our own use and gain. On the other hand, ancient cultures have been collectively seen worshipping water as a living entity itself since time immemorial.

Since antiquity, Water was seen by ancient cultures to have its own spirit and consciousness. In recent times it has been shown that the same body of water will respond in different ways to two different people who approach it in the same way. Also, experiments have been extensively done to illustrate that water is a kind of liquid computer that has a remarkable sense of memory. This capacity of water to "remember", can have an effect on other forms of life it comes in contact with.



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For example, a recent study in India had two separate rooms with a container of water in each. In one of those rooms, people were sent who were angry, sad, confrontational etc. To the other room people were sent who were happy, loving, joyous etc. Later the water from each room was used in various ways such as to water plants or as drinking water for people. It was clearly shown that many people didn't feel well or got sick from the negative energy water and also plants wilted or died that were given this water. The reverse was shown with the water which marinated in the positive environment.

To this day, in many parts of India, water is still worshipped, decorated with flowers etc. for some time before drinking it. Although many will still oppose and deny such an idea, the truth is that in modern times many scientific studies have proven that water does indeed have memory.

So it has been shown that water can "remember" patterns of energy it comes in contact with and in turn influence other forms of energy it comes in contact with. Water with a buildup memory of what we as people would label as negativity, has been shown to be able to be energetically cleansed in several ways. One such way for example is repeated exposure to environments with a significant amount of gentle energy forms in it.



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The previous illustration of the memory and conscious capacity of water is to expand our awareness that life exists in all things, not just animate creatures alone as was once commonly believed. By becoming aware of this, we realize that all forms of energy in existence, not only have their own vibrational energy signature but continuously influence, and in turn are influenced by other patterns of energy from both the physical and non-physical. This is shown to be equally true also for both animate creatures and for inanimate objects. The degree to which this is true varies with the individual life form or object, but by becoming aware of this, it expands our consciousness into a world much larger than we had ever dreamed of. That world is merely an expanded view of the one we already know and live in.



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What does it mean to 'Energetically Cleanse' a crystal or gemstone?

As illustrated in the above example with water, we can see that the energy signature of both people and objects can be influenced and changed. Some energy patterns can be beneficial and nurturing for some forms of life, but other energy patterns can be damaging and harmful. A simple article of clothing worn by a person in a negative state of mind has been shown to carry a portion of that energy signature with it and is able to potentially influence another person who may wear it after that.

Crystals in this regard are no different, and have actually exhibited an amazing capacity to conduct, amplify, influence, emit, harmonize and even transform patterns of energy with which it comes in contact with. Several crystals such as clear quartz have been shown to remember the patterns of energy of those in its possession as well as from its surrounding environment.

With this understanding, it only makes sense to keep these gifts from nature as energetically pure as possible. With some simple practices, this can be achieved relatively easily. As powerful tools and enhancers of our life and health, optimal performance can only be expected from those crystals and gemstones which are respectfully and consciously maintained and cared for. One would expect no less from a car, computer, appliance etc. If it is cared for and cleaned regularly then usually a long life with optimal performance is the result.



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Just think of an empty room or a bag. Its value and usefulness lie in the emptiness of its structure. If it is filled up with all kinds of things and becomes very dirty, no one will want to use it anymore as its usefulness will have been exhausted. If we clean it well and empty it of its content, then it will once again become useful. In this light, crystals can be looked at with a similar kind of understanding.

So yes, crystals can be immensely beneficial and useful in manifesting the kind of life we want to create. However, at least a minimal amount of care, attention and effort must be maintained. Fortunately, energetic cleansing is most often simple and easy to maintain with a few conscious habits. It can be learned quickly and easily by most anyone.



How can I energetically cleanse my crystals and gemstones?

There are several ways crystals and gemstones may be energetically cleansed. We will share with you the most effective and safest methods that we feel will serve the larger community as a whole in the most efficient and easiest manner. In addition, there are several more extensive and complicated practices out there which anyone is free to research, study and practice if they are interested.

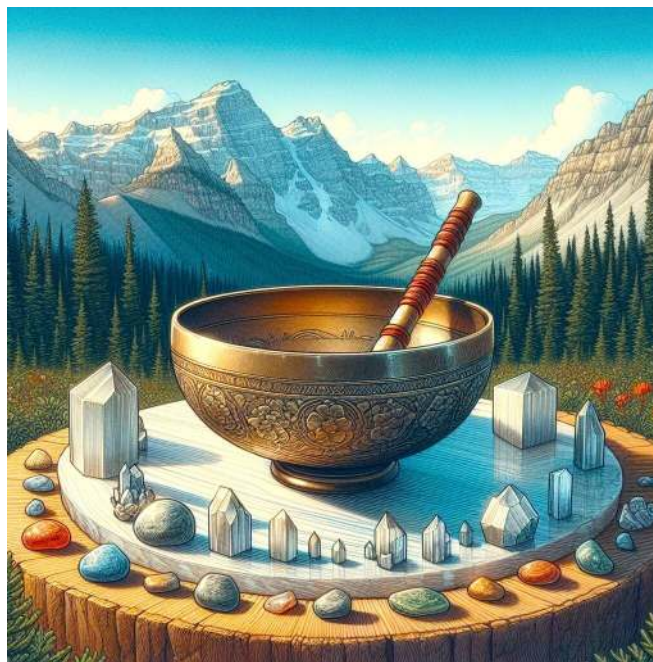


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Please remember that the power of your intention is important when working with energy practices. If you want to energetically cleanse your crystals and gemstones, the first step is to be clear with your intention. Before the cleanse, say to yourself, "I intend to cleanse my crystals energetically with this method". This is an important first step that should not be overlooked. Energy follows both your attention and movement of your mind so clarity and focus are very important.

OneOriginStarseed Gemstone & Crystal Designs

Recommended Methods to Energetically Cleanse a Crystal



1. Selenite Charging Plate & Singing Bowl - Home Energetic Cleansing Area

Selenite is seen as having a rather high vibrational frequency. Negative and gross energy on the other hand vibrates at a lower frequency. So, bringing something with a negative energetic buildup in contact with something that vibrates at a high frequency will correct and reorganize its energetic signature.



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Some believe Selenite never needs charging or cleansing, whereas others believe it still needs to be energetically cleansed from time to time. Either way, it seems clear that Selenite has the wonderful ability to clean and clear energetic buildups on other crystals. All one needs to do is rest their crystals on the Selenite overnight or preferably for at least 24 hours in order to let it do its work.

Selenite is available in many forms. There are plates, slabs, bowls, towers, cylinders, chips, etc. We recommend a Selenite slab / plate or a large Selenite bowl for convenience and ease of use. See our [tools and accessories](#) section for availability.

The singing bowl has a long history dating back over 5000 years since the time of the most recent Buddha Siddhartha Gautama who incorporated their use in his sangha. You will also see several religious groups and spiritual practitioners making use of singing bowls, bells and similar types of instruments that produce sound at a similar frequency.

In addition to this, it can be seen traditionally throughout history that a bell or singing bowl is commonly used in situations requiring the clearing away of negative energy, calamity, ghosts and malevolent spirits. Even if you believe in none of those things, it is clear to see how calming and relaxing the effect the sound of a singing bowl has on the human system and the body.

In modern times, science has discovered that a singing bowl or bell actually changes the frequency of the brainwaves of both people and animals into a more harmonious rhythm. The discovery of this has encouraged the rapid growth of their use for healing practices and for those who wish to go into deep meditation.

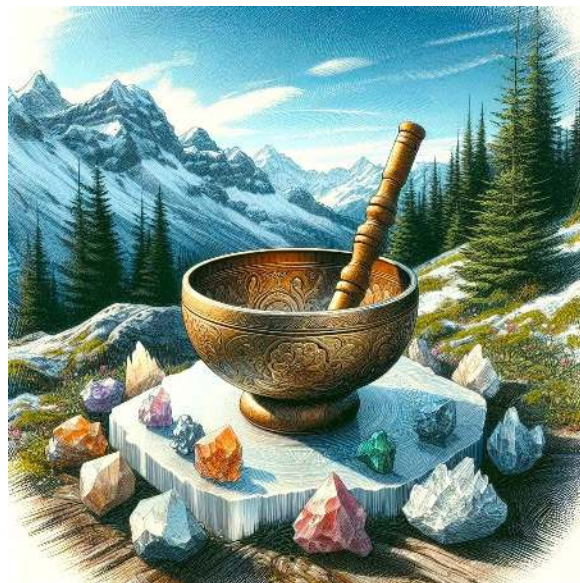


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Having a Tibetan singing bowl on hand to energetically clean and purify your crystals and gemstones is definitely a good idea. When used in combination with the selenite plates, you will have a very convenient crystal energetic cleansing station set up in your home. Both the selenite and the singing bowl work to keep the vibration of the space clean and clear. When used habitually, you will no longer need to worry about the buildup of negative energy on your crystals and perhaps even in your home.

How to setup the Selenite & Singing Bowl cleansing station?

Simply find a calm and quiet spot in your home and set up a nice cloth made of natural fibers and place the singing bowl in the center of that space. Arrange the Selenite plates around it as you like. When your crystals are not in use, place them on the selenite plates. Make a habit of gently striking the singing bowl throughout the day and calmly listen to its vibrations. If you make a habit of this, then you will have successfully set up an energetic cleansing station in your home. Try to keep this corner organized, clean and sacred, and it will serve both you and your living space in many ways beyond just keeping your crystals purified.





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2. Bring Your Crystals into the Shower or Bath with You !

Those who have even a bit of cultivated sensitivity can easily attest that crystals and gemstones create magic when they come in contact with water. Have you ever felt emotionally or physically down and then jumped in the shower and it completely changed your mood and gave you a boost? Well, water has the power to do that and more to your crystals.

The use of water to energetically cleanse and purify healing crystals and gemstones is one of the most common methods in practice. If your crystals are water-safe, then bringing them into the shower or bath with you will reduce the energetic buildup on them to a considerable degree in a short time. At the same time, water has the tendency to boost or activate the effects of your crystals and create a mini-healing session while you are taking your bath or shower. It's a fun and rewarding practice to do whenever you like. Just make sure your crystals are [water safe](#).



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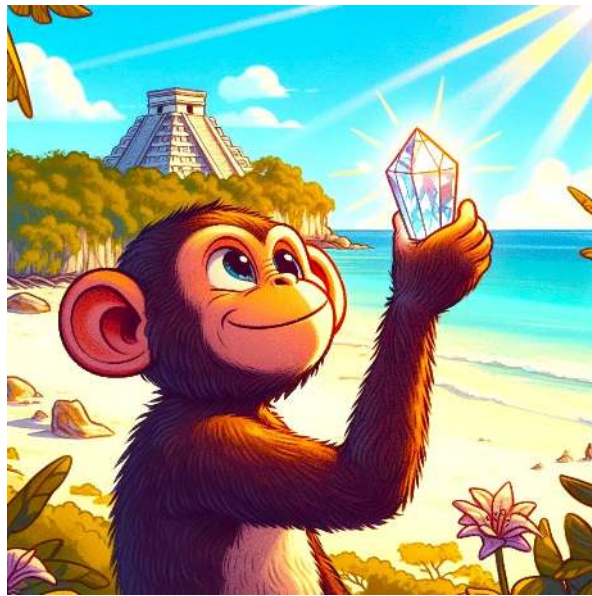
The down side of this is your bath or shower session, may not be long enough to thoroughly purify the accumulated energy build-up on your crystals sometimes. So please use this in combination with more thorough and deep cleansing techniques such as the selenite slab and singing bowl method or burying the crystals in the Earth.

It is important to know if your crystals and gemstones are [safe in water](#). So please check our free resource first before jumping in the bath or shower with your crystals.

It is also worthwhile to note that the water from the tap can sometimes contain chemicals that may damage the appearance of certain crystals. Although this may not be that common, please be advised that it is a possibility. Your safest bet is to get a filter for your bath or shower to remove chemicals from the water. Both your crystals and your body will thank you for it!



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3. Give Your Crystals a Sun-Bath

The Sun is our closest star and is also the main source of energy in our solar system. It is the wellspring of life on our planet and for sure it will, without a doubt, do an excellent job of not only cleansing your crystals and gemstones, but also of infusing them with extra energy if your crystal type has that capacity.

To clean the energy buildup on your crystals simply place those of them that are **sun-safe** in direct sunlight for an extended period of time. Even an hour will have an effect, but the longer the better if deep-cleansing is required. All day outside in direct sunlight is ideal and 2-3 days is even better.

It is important to know if your crystals and gemstones are safe in direct sunlight. Some may fade or be damaged by the sunlight, so please check our **free resource** first before putting them out in the sun.
<https://oneoriginstarseed.com/crystal-properties/>



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Also, note that putting your crystals and gemstones outside in direct sunlight or on the windowsill of an open window is most ideal. Most windows nowadays are made to filter out UV and other aspects of sunlight so when possible put them in pure unfiltered sunlight.



4. Bury Your Crystals and Gemstones in the Earth

Mother Earth is THE definition of a natural healer. She sets the example for balanced physical existence on this planet. Those life forms which line up and harmonize with her are supported, while those that violate her natural order do not last very long. Anything her children do which is not beneficial for the greater balance of all life on the planet is re-balanced and re-harmonized by her grace without failure.

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Since your crystals and gemstones are products of Mother Earth, one of the easiest ways to restore their original unstained potency is to bring them back into contact with her for a while. Really this can be done in numerous ways, but one of the most effective ways is to find a safe and quiet spot where the ground can be dug a little and where no one will disturb your crystals. Dig a small hole at least about 0.5 meters (or 1 foot) deep into the soil. Place the crystals and gemstones you wish to energetically cleanse into a paper bag and wrap them with a cotton or hemp rope. Alternatively, you can put your crystals directly into the hole with no wrapping but your crystals will get dirty so be sure they are safe for washing afterwards. Put this into the hole and fill the hole up with soil. Leave them there for 1 to 7 days and then dig them up and they will be fresh and ready for use.

This is a very reliable method of energetic cleansing, but you need to make sure your crystals will not be disturbed. Also there is risk of certain crystals getting damaged by rain water, so make sure to keep them dry if they are water-sensitive. An option is to use a plastic bag or ziplock bag to keep them dry. However, plastic has been known to retard or restrict the flow of energy in nature and is also not the most eco-friendly substance to put into the Earth even for a short time. Please weigh your options and find a solution that works best for you.

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5. Use The Elemental Power of Nature to Rebalance Your Crystals

The correct balance of energy is always determined by Mother Nature and her elements. It is the natural process of nature to continually rebalance, revitalize and renew everything in physical existence. This subtle balance is what makes nature endure eternally. Nothing is ever completely lost or destroyed but exists for some time in a certain form and then transforms to a different state when the elemental balance shifts. The easiest understanding of this is the cycle of the seasons. Has the spring ever failed to return after winter?

In most cases, one only needs direct exposure to her elements for a certain amount of time, and the energy signatures of all in contact with her will naturally correct and realign themselves. This is not a fanciful belief but is a living reality for all those who take the time to pay attention to the exchange and transformation of energy in nature.

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Doubt concerning energy rebalancing can usually be cleared up with a simple experiment. Whenever you are not feeling too well either physically, emotionally or psychologically, find a spot in nature on a grass lawn or on a sandy beach or a rock on a mountain etc. Lay down on the Earth for an hour or so and relax into her and breathe consciously. This practice alone has cured many serious physical and psychological diseases for millions of people around the world. Plugging back into the source will rebalance, recharge and revitalize the system on many levels. Recent branding has called a similar practice as "Earthing".

When we mess up the gifts Mother Nature has given us, then all we need to do is give it back to her and she will rebalance it. It's like bringing a product back to the manufacturer rather than try to fix it ourselves. Nature's power to rebalance and recharge is unsurpassed and reigns supreme over anything else. The very definition of artificial should be "That which was done without the approval of Mother Nature". Humans may be quite smart, but the truth is that none of us has vision wide enough to see the complete picture, hence most of our efforts to take over Mother Nature's job are in vain.

With this understanding we move forward to use the power of nature to rebalance our gemstones and crystals. The following is a limited set of examples, but since nature herself is unlimited, this list is far from complete.

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Using the Power of Naturally Running Water to Purify

First make sure that your crystals are water safe. You may also need to make sure they are salt safe if you will be exposing them to salt water. Next, find a place with running water such as a stream, ocean, waterfall, etc. Hold the crystal or gemstone in the movement of the water for some time to receive benefit and energetic cleansing. If deeper cleansing is required then this method may not be enough unless you can find a way to safely keep the crystals submerged for an extended time. However, just a brief contact with naturally flowing water will undoubtedly bring some level of benefit to your crystals.

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Expose Your Crystals and Gemstones to the Mysterious Power of the Moon

Giving your crystals a night or more of exposure to moonlight will not only clear them of negative buildups but will also infuse them with a unique energy signature that will enhance the effects of the crystals. This is especially true for certain crystals like Selenite and Moonstone.

The most powerful time for sure to energetically cleanse your crystals by moonlight is during the full moon. It is recommended to take advantage of the light of the full moon every month. While the day of the full moon itself is the most powerful. A few of days before and a day or two after the full moon are also quite effective. This is your best choice however; the next best choice is anytime between the waxing gibbous and the full moon.

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Besides the days mentioned, it is best to avoid trying to use moonlight that is during the period of time after the full moon and leading up to the new moon as its energies are in decline at that time. Also, the time just after the new moon and leading up to the waxing gibbous is ok, but generally the energy of the moon is seen as being too young and weak yet to be used effectively.



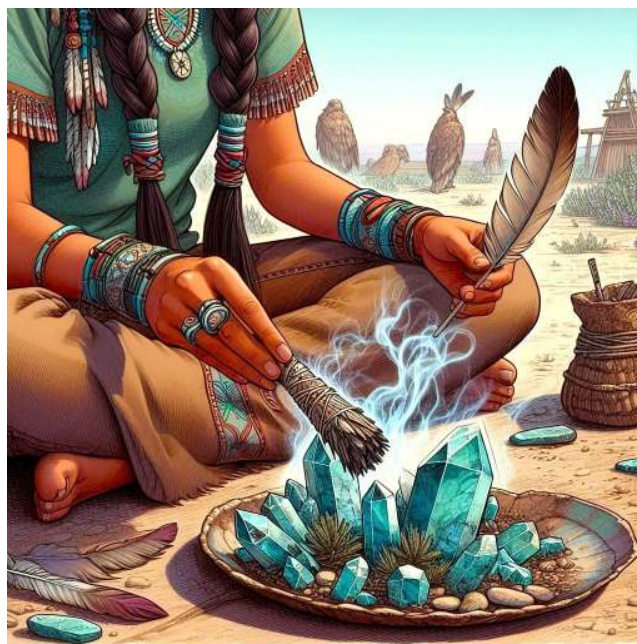
Give Your Crystals and Gemstones a Wind Bath

It may be hard to imagine that the wind could have any effect at all, but there is a definite energetic cleansing and rebalancing effect which is brought about by the movement of the wind. This can be harnessed for the advantage and benefit of your crystals.

On a windy day, put your crystals outside in a secure spot and expose them to the play of the wind for several hours or as long as the wind lasts.

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To have an understanding of the effect of the wind please think back to a windy day you have experienced. How did you feel before stepping outside on a windy day. Then when you finally get back inside after being exposed to the wind, how did you feel? A wind bath can have the powerful effect of breaking up stagnant energy in our energetic makeup, especially when it comes to our emotions, psychology and energy level.



Use the Ancient Tribal Practice of Smudging with Herbs to Cleanse Your Crystals Energetically

Tribal cultures such as those from the Native Americas have long used smudging as a way to purify places, objects and even people. Many crystal healers believe this to be one of the most powerful ways to energetically cleanse a crystal.

1. First get yourself a small bundle of smudging herbs. Native Americans typically use Desert Sage, White Sage, Cedar, Sweetgrass and Lavender most commonly. These can be found conveniently bundled and sold as smudging sticks.

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2. Get an abalone shell or a safe dish made from hard natural material. The abalone shell is the traditional method because it is believed to give some type of elemental connection.
3. Go to a nice outdoor location exposed to nature or do it in a well-ventilated room.
4. Light the dried herbal bundle on one end until it is significantly lit and is giving off a lot of smoke. Then put it into the shell or dish.
5. Traditionally, a feather is used to fan the smoke onto things and people but if you don't have it then use your hand.
6. First smoke yourself from head to toe, front and back.
7. If in a room, go to each of the 4 corners to smoke them a bit and then do the doorway.
8. Then smoke the crystals by moving the shell or dish all around the crystals and fanning the smoke onto them with the feather or hand. You can hold a crystal in your right hand and smoking dish in your left and manually cleanse each one individually. Or you can smoke several of your crystals at once. Do this for about a minute or two for each batch.
9. Have some sand, dirt or ash ready and when you are finished, extinguish the smoking smudge stick in it.

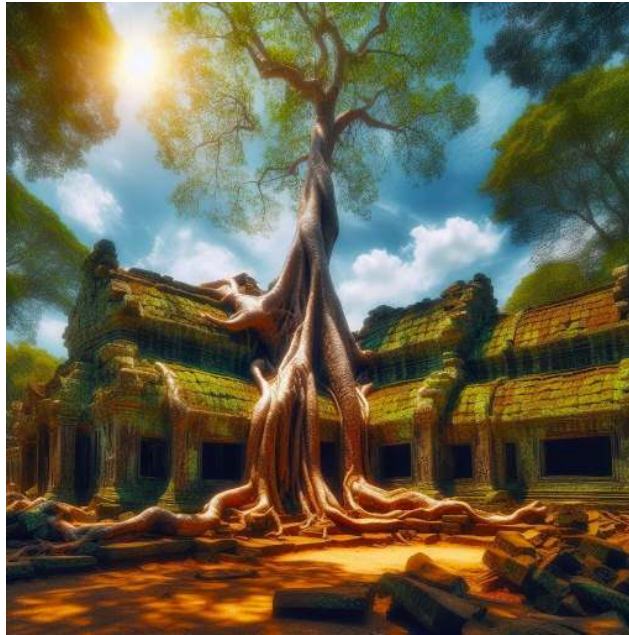
Guide to Maintaining The Energetic Balance and Physical Longevity of Your Crystals and Gemstones



Putting Your Crystals and Gemstones Under the Stars on a Clear Night

The magic and sheer power of the night sky cannot be understated. For enhancement and purification of your crystals and gemstones, one need only bring them outside and place them in a safe place on a night when the sky is clear and the stars are plenty. The more stars visible the better, and the higher the altitude also the better however the latter is not a requirement. Visible exposure to the Milky Way, Polaris or the Big Dipper is most ideal. Leave them out for as long as you can and do as often as this is possible. This method of purification also has a specific enhancing effect on your crystals which is not seen with other methods.

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Using the Outgrowths of Nature to Rebalance Your Crystals and Gemstones

Basically, any biological product of nature that is still alive and has life running through it can be used to reharmonize an energy signature that has become unbalanced. You can put your crystals and gemstones directly on, immersed in or in contact with a tree, plants, flowers, fruit, grains, nuts, seeds, vegetables etc. etc. etc. If it is alive and its energy seems strong then it can potentially be used for purification. However, please note it is not recommended to use anything that is dying, wilting, sick or in an obvious state of decline.

Let the Natural Cleansing Properties of Some Other Crystals Purify Your Gemstones

Some crystals and gemstones are well-known for having such a strong and harmonizing energy signature of their own that they are used to energetically cleanse and enhance other crystals and gemstones. We have already discussed Selenite above, but others include: Clear Quartz, Kyanite (especially Blue Kyanite), Citrine and Carnelian.

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Any shape or form of these will do, but the most favorable would be using them in their natural state. For example, if you use clear quartz then a large natural quartz cluster is very nice and preferable. But again, if you don't have it in its natural form then polished or other cut forms would be fine usually.

There are those that believe these crystals can be used to cleanse other crystals, but they themselves never need cleansing. We recommend however that if you use any of these as energetic cleansing agents, please still clean them also periodically.

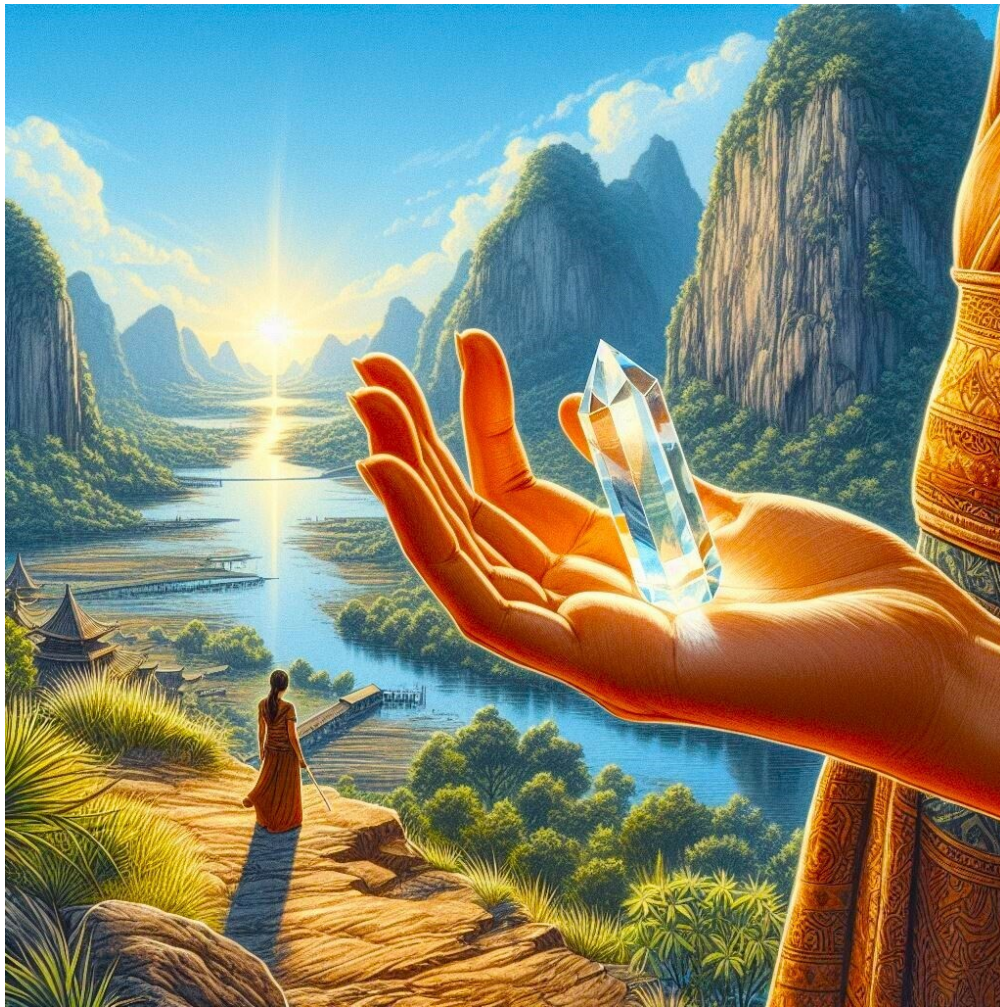
Charging Your Crystals to Amplify Their Properties:

In addition to energetic cleansing, it appears crystals can receive an energy boost or an enhancement of their energy after coming in contact with nature or other crystals. The exact effects and enhancements are hard to doctrienate into words but can be discovered with sensitivity or intuition. The main way that crystals and gemstones are charged with extra energy is from sunlight. Especially a crystal like clear quartz can hold a buildup of energy it receives directly from the sun. If using the sun to charge and enhance your crystals, just be sure to make sure your crystal is safe in the sun or it may fade or crack.

Other ways a gemstone or crystal can be enhanced and receive an additional energetic charge is when they come in contact with water, moonlight, starlight, and certain other types of crystals and gemstones. Also, charging and enhancement can happen if they are brought to a sacred space, a mountaintop or some other place with a high vibrational frequency.

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Be conscious of how your crystal and gemstone feels in your hand before and compare it after exposure to one or more of the above listed catalysts. We wish you many blessings on your life journey into the natural unfoldment and discovery of the magical world of crystals.



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Part II

How to Maintain the Physical Beauty and Longevity of Your Crystals and Gemstones

If you love your crystals and gemstones, then most likely you will be motivated to maintain their natural beauty for as long as possible. This need not be a daunting or difficult task. All that is really needed is some basic understanding of their physical properties, in addition to knowing what potentially causes damage to their physical structure and appearance.

Know what your crystal is ranked on the Mohs hardness scale

The most basic physical property we need to know about our crystals and gemstones is what their score is on the Mohs Scale of Hardness. The Mohs scale of mineral hardness is a scale from 1 to 10, that classifies a stones scratch resistance. The higher the number, the harder the stone. The lower the number, the softer the stone. Soft stones like amber, malachite and selenite etc., which have a rating from 1 to 4, need to be more carefully used and handled to avoid scratching or damaging them. Hard stones like diamonds, jade, quartz etc. which have ratings from 6 to 10, are much more durable and can take a bit more wear and tear. Stones that have a number in the middle, vary and need to be considered on an individual basis.

To find the number your crystal or gemstone ranks on the Mohs Hardness Scale is easily uncovered with a quick search on the net. Just type in the crystal name followed by MOHS into the search field.

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Are your crystals and gemstones water safe?

Knowing if your crystals and gemstones are water safe is an important factor in preserving their beauty and physical appearance. Water is a great way to physically and energetically clean your stones and you may be tempted to take your crystal jewelry into the shower or bath with you. But will there be permanent damage done to the stone if so?

As a general rule, if you know the MOHS number of your crystal and if that number is below 6 then it may be risky to expose your stone to water for an extended time. Although many softer stones can handle brief contact with water, especially if they are dried quickly after getting wet, depending on various factors, there is some risk so please proceed with caution. If your stone has a higher number on the MOHS scale like around 6 to 10, then the chances are it can handle exposure to water pretty well. In truth though there really isn't a rule or way to know definitely the durability of your individual stone when exposed to water, due to the variability of nature as well as human created environmental factors.

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Water damage to a stone could cause it to change color, become deformed, crack or even fall apart. Although knowing the MOHS number of your stone could help you protect it, it still is not a guarantee. Other factors to consider are for example, stones that have received some type of color dye treatment or enhancement, unfiltered water that has a high concentration of chemicals that you may not be aware of (tap water), salty water that may be great for energetically cleansing a crystal but may actually damage some sensitive stones, climate areas with high humidity and also those crystals with a high amount of metallic content which could rust with prolonged exposure to water.

On the other hand, I have surprisingly seen several stones that are not supposed to be able to be immersed in water but are OK time and time again with no damage... I have also seen stones that were supposed to be able to handle water exposure with no problem, but were damaged by being immersed for an extended time.

So be cautious and weigh in all the factors mentioned. I really wish I could give a clear-cut definitive guide to safe water use with crystals but there are just too many factors to consider. In summary, to play it safe, avoid water exposure with crystals of a MOHS ranking under 5, use filtered and unsalted water and avoid prolonged immersion in water if you wish to keep your crystals looking beautiful for years to come.

Will extended exposure to sunlight damage or fade my crystals?

One of the paradoxes for the crystal and gemstone enthusiast is often that which is good for one type of crystal is bad for another. This can make things complicated sometimes, especially when one has a large collection. Sunlight is a great way to energetically charge and cleanse crystals. However, the truth is that some crystals will fade or even physically crack or break with prolonged sun exposure.

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In regards to fading, it appears that UV light is the main cause of fading crystals, but this goes for man-made UV light as well as sunlight. You may want to keep deeply pigmented gemstones away from prolonged UV exposure. Not all crystals will fade in sunlight however, check our guide or do a quick internet search to find out if a specific crystal in question will fade in sunlight.

Some crystals and gemstones are heat sensitive and will get damaged by prolonged exposure to heat which can include our very hot friend Mr. Sun. Apart from the heat, the sunlight itself can break or damage certain sensitive crystals and even some strong ones. For example, even clear quartz crystals have been known to crack or get brittle in sunlight within 2 hours.

Constant sun exposure for a prolonged time could damage a crystal or gemstone that was otherwise fine with short sun exposure. As a general rule, you may want to avoid prolonged exposure of your crystals to sunlight. Checking our guide or a quick internet search will usually tell you whether or not your crystal can handle it. But the guiding principle should be moderation, so be sensitive and avoid extremes both in life and with your crystals.

Be careful of contact with oils, chemicals and other substances

Apart from water and sun, another often overlooked factor which can easily damage the physical appearance and beauty of our gemstones is when they come in contact with oils, chemicals or other substances. One may think it's not a problem to worry about because they won't be using chemicals around their crystals, however this also includes the residue of lotions, cosmetics, oils and other products that linger or buildup on the skin and remain long after usage.

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The more porous a crystal or gemstone is in its physical structure, the more easily it will absorb oils and other substances that may result in blemishing or altering its surface beauty. Cosmetics are an obvious danger and many of them contain a cocktail of chemicals, dyes and pigments. Many people have blemished the beauty of their gemstones by overlooking the cosmetics they were wearing while using their crystals. Oils will often easily change or alter the beauty of many gemstones so they should be avoided while using your crystals. This includes any oil from products, cooking or even from the sweat of your skin. Try to always give your crystals a dry and clean surface when they come in contact with your skin.

My last important mention here is the chemicals in your tap water. The water from our tap is often another cocktail of compounds you most likely don't even know or want to know about. Several of these can be harmful to some crystals, so be careful and when possible, use filtered water!

Cleaning, Storing and Handling Crystals Correctly

Another point that is often overlooked by those wishing to maintain the beauty of their gemstones is the use of gentleness and care when cleaning, storing and handling your crystals and gemstones. The mistake is to look at them as "rocks" and to just toss them around as such. This is for sure a fast way to beat up and tarnish the physical beauty of your crystals as many gemstones can easily chip, scratch or break.

When cleaning your crystals, be gentle and use soft and fine fiber cloths and thin fine brushes. Avoid rough materials and abrasives. Sometimes even a hard towel could damage a very soft stone.

When storing your crystals, avoid throwing them all together in one bag as they can easily scratch, damage or break each other with the wrong movement of the bag. It is most ideal if each one is separated by a soft cloth or individual drawstring bag to keep each one them in the nicest condition possible over the years.

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When wearing your crystals and gemstones, please be mindful not to hit, scratch or rub them against other surfaces. This is especially true with bracelets. Bracelets receive the most amount of abuse simply by the fact that we constantly use our hands in our daily affairs. Don't be discouraged because it is totally possible to keep your crystals looking fresh without chips, scratches and breaks, but it may take a little conscious effort. Once you get used to it, you will naturally keep the crystals you wear safe with gentle movements even without thinking about it.



You Are Your Crystals Keeper

So, it is totally possible to preserve the physical beauty of your crystals and gemstones even with years of usage. By keeping these 5 points in mind, and by being gentle with them, you will cut the risk of surface damage by nearly 95%. By learning to care for them and by embracing a bit of cautious, conscious effort, one may even heighten their sensitivity and improve the quality of their energetic response and life balance. I hope this guide serves you well, if you have any questions that I didn't cover, please contact us through the website and don't hesitate to ask!

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Observing Cycles of Starlight

It is said that all life is the interplay of the two main energies of Dark and Light. From them, the five elements of energy give rise to all combinations and all occurrences of life. In the grand scale of evolution, and at our best, human beings appear to have the highest potential to develop, balance and create higher and higher ways of life. Thus, the Alchemy of Starlight becomes relevant. Tracing back the way one's own life was formed and is sustained, one may see that destiny is not predetermined but is rather shaped by the arrangement of one's life energies and choices. For the one who desires self-mastery, all life becomes the Alchemy of Starlight.

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Nature has provided everything we need in this pursuit and for those who are naturally drawn to them, crystals and gemstones can be a big help on that path. I wish all of us the realization of our own nature in harmony with the great endless dance of the interplay of the one universal energy that we are all a part of in oneness...

Part III

Reference and Index Lists

Although the Mohs scale may help you figure out a general outline of which of your stones need to be protected from water and sunshine, it is not totally reliable. It is necessary either to play it safe with your crystals and gemstones by avoiding water and sun or to test them by exposing them to the elements for brief periods of time to see what the result is. Although you would do this at your own risk. We have compiled the following lists to help save you some time in research, but they are a general guideline and not to be relied on blindly. There are just too many factors and variable to make conclusions based on the general data, so be careful and be intuitive!

Crystals That May Not Be Safe with Extensive Water Exposure

Ammolite Angelite

Apatite Apophyllite

Azurite (leeches toxins) Black Tourmaline

Calcite(dissolves) Celestite

Chrysocolla (but maybe ok briefly) Desert Rose

Fluorite Galena (can rust)

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Goethite (can rust) Gypsum

Halite Hematite(rusts)

Jade (maybe ok briefly in running water but no salt water, no chlorine)

Kunzite Kyanite

Labradorite (can dissolve with extensive soaking)

Lapis Lazuli (often has pyrite inclusions) Lepidolite

Magnetite (can rust), Malachite (can break in hot water and leak toxins)

Mica (flakes apart) Obsidian (can break from extreme liquid temps)

Opal (but solid and not layered opals may be ok briefly)

Pyrite (produces sulfuric acid in water) Red Coral

Rhodochrosite Rhodonite

Selenite (can dissolve) Sodalite

Tangerine Quartz (there is iron oxide in it so color may be affected)

Tiger Iron (has metal) Turquoise(fades)

Crystals That Are Most Likely Safe in Water

Agate Amethyst

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Amber (maybe OK it seems but keep it brief and avoid salt and chemicals)

Aventurine Bloodstone

Carnelian (but avoid salt water) Citrine

Jasper Moonstone

Quartz Rose Quartz

Smokey Quartz Tiger Eye

Unakite

Crystals That May Not Be Safe with Extended Exposure Sunlight

Amber Amethyst (can fade)

Ametrine (can fade) Apophyllite (can become brittle and dry)

Aquamarine (can fade) Aventurine (can fade or get brittle and crack)

Beryl (can fade or get brittle) Calcite,

Celestite (can become brittle and dry) Chrysoprase (can fade or get brittle and crack)

Citrine (can fade) Clear Quartz (safe for about 2 hours)

Fluorite (can fade), Opal (can become brittle and dry)

Rose Quartz (can fade), Sapphire (can fade)

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Smoky Quartz Hiddenite (can fade)

Kunzite (can fade) Topaz

Turquoise

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About

Who is OneOriginStarseed - Gemstone and Crystal Tribal Designs?

We are a small company with a love for crystals and gemstones. We have seen the beneficial healing and life enhancing effects they offer, and are convinced that the power of gemstones and crystals is definitely not a pseudoscience when approached in an honest and straightforward manner.

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At first, our crystal and gemstone accessories were made for our personal use only, but later it expanded to friends and family and then casual customers started increasing bit by bit. In 2020 we decided to take our small business online with the launch of our website.

Every one of our original designs is made by hand and crafted for healing, life enhancement and style. We wish to offer our designs to everyone and hope you will find something you love among our selections that will serve you well for many years to come.

We are originally from New York, USA but relocated to Tokyo, Japan in 2011. The family history has been involved in the gemstone and jewelry business for 75 years (in 2024). Since 1949 the family name has been built on trust and community relations, maintaining a standard for quality and honest business practices.

OneOriginStarseed as the 3rd generation, is just a small extension of that legacy and we wholeheartedly intend to continue to build on the foundation that was laid down before us.

Links

Website

<https://oneoriginstarseed.com/gemstone-crystal-designs/>

Blog

<https://oneoriginstarseed.com/blog-nature-by-starlight/>

About and FAQ

<https://oneoriginstarseed.com/gcd-product-faq/>

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