

Sophia's Crystal and Mineral Allies by Karen Sheeks RN MS

Amethyst

This stone is a calming, protective crystal that accelerates the development of psychic abilities. This stone has a high spiritual vibration and is associated with ancient Egypt. It was found in the tombs of the pharaohs.

- * Blocks geopathic stress and environmental negativity
- * Enhances meditation and higher states of consciousness
- * Facilitates the decision-making process
- * Promotes Divine love
- * Associated with the crown chakra and Archangel Michael
- * Balances and connects the physical, mental and emotional bodies
- * Transmutes negative energy
- * Assists those transitioning from the physical body



Aquamarine

This is a stone of courage. Its calming energies reduce stress and quiet the mind. It harmonizes its surroundings and protects against pollutants. In ancient times it was believed to counteract the forces of darkness and procure favor from the spirits of light. It was carried by sailors as a talisman against drowning. It has cooling, soothing energies and enhances communication.

- * Good for all kinds of calming and cooling; from hot flashes to anger
- * Activates the throat chakra, assisting in clear communication of deepest truth
- * A doorway to communication with the Goddess...the Divine Feminine
- * A stone of empowerment
- * Promotes understanding between divergent viewpoints
- * Helps clear stagnant energy and assists one in releasing old patterns

- * Calms anger and hysteria, helps one to release vengeful thoughts
- * Useful in moving through grief
- * Works to balance emotional, physical, and mental bodies
- * Helps to create an awareness and integration of Universal Truths
- * Associated with archangels Ariel and Raguel



Azurite

Azurite guides psychic and intuitive development. It urges the soul toward enlightenment, cleansing and strengthening the 3rd eye. Azurite is a transformation stone that is linked with creativity, intuition and inspiration, and eliminates illusion. This beautiful blue being often grows with its compliment green Malachite

- * A pure embodiment of the Blue Ray
- * Carries the exact frequency of the 6th chakra
- * Can strengthen the astral and etheric bodies
- * Aligns inner vision with higher guidance
- * Assists in past life recall
- * Brings an increase in sense of connection to the Divine
- * Helps one to sense the Truth in any situation
- * Helps one understand the root of one's fears
- * Lends the courage to correct old patterns and speak the Truth



Labradorite

The gemstone of magic; it awakens in those who carry or wear it the awareness of one's innate magical powers, including clairvoyance, telepathy, astral travel, prophecy, psychic reading, access to Akashic records, past-life recall, and communication with higher guides. It is a gemstone of adventure offering one the chance to embark on a multitude of voyages of self-discovery.

- Assists one in moving between realities and connecting with unseen realms
- Enhances psychic abilities, increasing one's capacity to visualize with the third eye
- Aids in finding unconscious belief patterns that generate unpleasant emotional states
- Helps one to become clearly aware of the source of beliefs
- Helps reveal the nature of mystery illnesses
- Represents the Temple of the Stars, assisting in discovery of destiny and purpose
- Associated with archangels Haniel, Michael, and Raziel
- Banishes fear and psychic debris from previous disappointments
- Strengthens faith in self and trust in the Universe



Morganite

A stone of Divine Love and compassion, Morganite opens the heart, making us aware of the Cosmic Love within which we all exist. It gives us the opportunity to surrender to the immense power of Divine Love and let it show us our life path more clearly. This stone can bring immediate release of old pain and sorrow, and a sense of lightness that makes the healing of old wounds easier.

- Cleanses and energizes the heart and emotional body
- Assists one in connecting to Divine Love and Angelic support
- Helps one to be receptive to loving words, actions and energy of others
- Teaches protection through love rather than fear
- Aids in recognizing fear-based emotional patterns that impact our relationships
- Helps one attract a soul mate
- Brings feelings of peace and acceptance when one is facing grief and loss
- Helps bring love into one's life
- Stimulates the transmittal of impersonal wisdom from one's guides
- Powerful for use in ceremonies around the medicine wheel
- Provides the experience of brotherhood



Ocean Jasper

This is a stone of joy and high spirits. It opens one's awareness to the benevolent aspects of life and lifts one's mood through its positive vibrations. When one is under its influence, it is difficult to take one's problems and dissatisfactions as seriously as one normally does. Ocean Jasper embodies the heart-healing properties of the colors pink and green. In addition, its round markings stimulate complete breaths and movement of energy.

- Associated with archangels Ariel and Metatron
- Helps to lift the veil of negativity which some unconsciously wear over their eyes
- Stimulates the solar plexus, heart and throat chakras with its beneficial vibrations
- Banishes complacency
- Helpful for those suffering with depression
- Helpful for those with self-destructive addictive behaviors
- Its positive vibrations are amplified and spread through one's energy field to others
- Keeps the atmosphere of a room pleasant and relaxing
- A powerful Earth element stone with wonderful physical healing properties
- Reminds us that the physical world and body are our temples
- Assists one in locating and clearing "stuck" patterns of behavior and belief

- Calming and soothing for the emotional body
- Supports regeneration of tissue



Peridot

Peridot clears the way for one's heart to feel, and assists in creating prosperity in all areas of life. It is an excellent tool for understanding relationships with honesty and integrity. Since ancient times, Peridot was viewed as a symbol for the sun, and in Greece it was believed to confer the energy of royalty to the wearer. It was sometimes worn as a protection against evil spirits, and believed to bring wealth. Its vibration brings an inner sense of warmth and well-being, like sunshine on a spring day.

- Helps one to activate and harmonize chakras 3 & 4; integrates love and will
- Enhances one to have the courage to act on one's desires
- Aids in attracting and creating one's most important inner visions here on Earth
- Can be used to bless and energize one's work
- Assists one in re-establishing a sense of self-worth
- Quiets spiritual fears
- A powerful generator of the frequency of increase
- Aids one in perceiving and honoring the source of all abundance
- Helps one to open to receive more of the Universal Love and abundance on all levels
- Teaches the knowledge of the fairy realm, plant and animal kingdoms and nature spirits
- Helps remove blockages to receiving
- Alleviates heaviness of the heart
- Releases and neutralizes toxins on all levels
- Opens, cleanses, and activates the heart and solar plexus chakras



Some of these stones are easily worn as jewelry, such as Amethyst, Aquamarine, Morganite, and Peridot. The Azurite, Labradorite and Ocean Jasper are easily found in small specimens that you can either carry with you, or have in your home.

One option is to obtain small specimens of each stone, and create a “grid” with all of them, and place the grid in the room where you do most of your inner, meditative work. For gridding, choose a formation that feels good to you, and allow your Inner Being to guide you in creating a personal grid. You can use several specimens of the same stone, to create a larger grid. Pay attention to the numbers you choose, as the numbers also carry a distinct vibration and purpose.

You can sit with one specimen in your hand, while meditating, and ask the consciousness of the stone to communicate with you. Keep a journal of any information that comes through during these sessions. The stones will tell you the way in which they wish to work with you, and how they can co-create to benefit your life.

Many stones are very helpful when you are doing inner healing of physical or emotional wounds, and removal of old programming. Use the information in this report as a beginning point, and allow the stones to give you more expanded information regarding their use as time passes.

Citations:

Hall, Judy. The Crystal Bible. Cincinnati: Walking Stick Press, 2007

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Virtue, Doreen., and Lukomski, Judith. Crystal Therapy. Carlsbad: Hay House, 2005

I hope you find this report helpful to your inner work.

Many Blessings
Karen

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