

*Crystal of the month
~ November ~*

Citrine

Keywords:

Abundance | Optimism | Creativity
Clarity | Manifestation | Joy

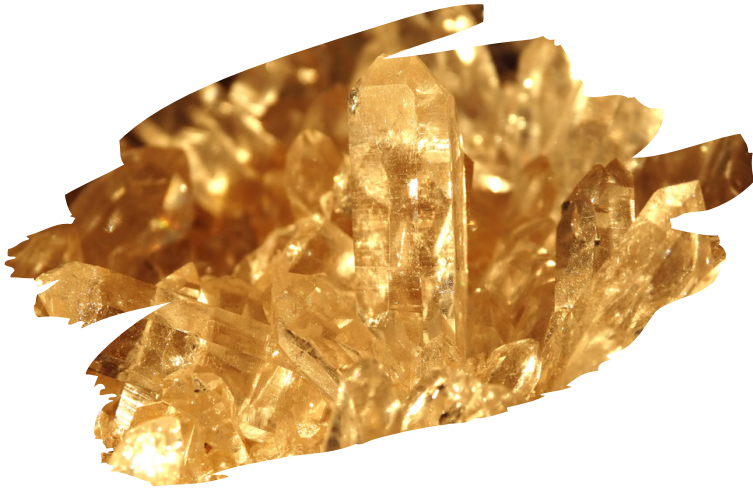


History

Citrine, often referred to as the "Merchant's Stone," has an illustrious history. Dating back to ancient times, it was popular among Greeks and Romans for making jewellery and intaglios.

The stone is named after 'citron,' a French word for lemon, alluding to its lemon-yellow hue.

Citrine was also revered in Chinese culture, where it was commonly used in the handles of daggers and knives for Feng Shui.



Identification

Citrine is a variety of quartz, and its hallmark is its warm yellow to amber colour.

This stunning stone has a Mohs hardness of 7, making it a durable choice for various types of jewellery.

Though it is sometimes mistaken for the more expensive yellow sapphire, its unique tone and affordability make it stand apart.



Properties

Citrine, a versatile gem, offers a plethora of beneficial properties. From igniting your inner fire to fine-tuning your emotional equilibrium, this stone is a multi-faceted ally.

Promotes

- abundance and prosperity
- self-confidence
- optimism
- individuality
- motivation
- open-mindedness

Facilitates

- emotional balance
- clarity of thought
- creative expression
- joyfulness
- decision-making skills
- release of negative energy



Healing

Citrine is a versatile healer, known for its ability to dissolve negative energy.

On the physical plane, it's commonly used to stimulate digestion and fortify the organs involved in the digestive process like the stomach, spleen, and pancreas.

The stone is also thought to support skin health, making it a go-to for alleviating allergies and irritations.



Healing

How to use Citrine for healing

- **Digestive support:** Place a citrine stone directly on the solar plexus chakra, located a few inches above the navel, to encourage better digestion and alleviate gastrointestinal discomfort.
- **Skin health:** For topical issues, you can make a citrine-infused elixir and apply it to affected areas. To make the elixir, simply place the citrine stone in a glass of water overnight. Remember to clean the stone and the glass thoroughly before and after.
- **Emotional wellbeing:** Carry a piece of citrine in your pocket or wear it as jewellery to help maintain emotional balance throughout the day. Its energy can be especially calming during moments of stress and anxiety.
- **Energy cleansing:** Place citrine in various areas of your living space, especially corners and darker spots, to ward off negative energy and promote a harmonious environment.

By incorporating these practices into your routine, you can unlock the multifaceted healing benefits of this incredible stone.



Meditation

Begin by settling into a comfortable position. Hold a piece of citrine in your hands and close your eyes.

Take three deep breaths, letting your mind empty with each exhale. Visualise a warm, golden light emanating from the citrine, filling your entire body.

As you breathe, imagine this golden light expanding, reaching out to the universe, and drawing abundance back to you.

As you hold this sense of expanding abundance, softly repeat the affirmation, "I am a magnet for prosperity in all its forms."

Focus on the warmth filling you with every form of prosperity—be it emotional, financial, or spiritual. Breathe out, and slowly open your eyes, grounding yourself back in the present moment.



Crystal Grid

Flower of Life

Focus Stone: Citrine

Surrounding stones: Aventurine and Tiger's Eye

Intention stones: Sodalite

1. Citrine: Place this at the centre of the Flower of Life grid. It serves as your powerhouse of abundance and joyful energy.
2. Aventurine: Known as the "Stone of Opportunity," it's believed to be one of the luckiest crystals. Position this stone in the surrounding circles of the Flower of Life, aligning with Citrine to attract new opportunities.
3. Tiger's Eye: This is your go-to for courage and motivation. Place this alongside Aventurine to balance risk with rationality and to add a boost of courage to your pursuits.
4. Sodalite: Finally, place this stones around the outer circles of your grid as the intention stone. It encourages rational thought and emotional balance, serving to fine-tune the energy of the grid toward your specific intentions.



Crystal Grid

You might also consider:

Black Tourmaline: This stone is a protective shield against negative energies. It can ground the grid and add a layer of protective energy.

Garnet: This stone is often used for manifesting dreams into reality and increasing willpower and strength. It can amplify the action-oriented energy of the grid.

Aquamarine: Known for its calming and cooling energy, Aquamarine could balance out the more fiery aspects of Citrine and Tiger's Eye.

Labradorite: This stone is associated with transformation and magical protection, providing further dimensions to your grid's purpose.

Feel free to place these additional stones in any of the empty circles or intersection points in your Flower of Life grid, keeping the balance and flow of energies in mind.



Crystal Grid



Much love
Jane x

