

Crystal of the month *~ March ~*

Aquamarine

Keywords:

Serenity | Clarity | Communication | Courage
Purification | Healing | Compassion | Adventure



History

Aquamarine, commonly known as the "Sailor's Stone," boasts an illustrious history. Since antiquity, it has been cherished by Greek and Roman cultures for crafting exquisite jewelry and ornamental pieces.

The stone's name is derived from the Latin 'aqua marinus', meaning 'water of the sea', which alludes to its soothing blue-green colour reminiscent of the ocean's essence.

In Asian traditions, Aquamarine was revered not just for its beauty but for its perceived qualities of ensuring safe passage across stormy seas and promoting clear and heartfelt communication, making it a gemstone of protection and eloquence for its bearers.



Identification

Aquamarine is a variety of beryl, celebrated for its captivating range of blue tones, from the lightest sky to the deepest sea.

This enchanting gemstone possesses a Mohs hardness of 7.5 to 8, making it a resilient and popular choice for a variety of jewellery pieces.

While it may sometimes be confused with the more costly blue sapphire, aquamarine is distinguished by its delicate blue hues and a transparency that makes it more readily available and accessible.



Properties

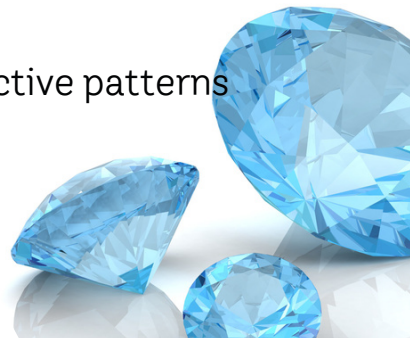
Aquamarine, a gemstone revered for its soothing and clarifying properties, presents a range of advantageous characteristics. This crystal acts as a serene guide on your path to tranquillity and clear communication.

Promotes:

- Calmness and relaxation
- Clear communication
- Courage and overcoming fears
- Emotional tranquility
- Mental lucidity
- Purification and renewal

Facilitates:

- Reduction of stress and calming of nerves
- Overcoming of phobias and panic
- Deepening of meditative states
- Harmonisation of surroundings
- Focussed thought processes
- Detachment from old, unproductive patterns



Healing

Aquamarine is a multifaceted healer, esteemed for its capacity to calm and clarify.

In physical healing, it's frequently sought for its perceived benefits to the throat and respiratory system, aiding in soothing sore throats and allergies.

The gem is also thought to support the health of the digestive and immune systems, providing relief from inflammatory responses and bolstering the body's natural defenses.



Healing

How to use Aquamarine for healing

- **Throat chakra balancing:** Place an aquamarine stone on the throat chakra, located at the base of your neck, to facilitate clear and compassionate communication.
- **Respiratory health:** To assist with respiratory concerns, create an aquamarine-infused water by submerging the stone in a glass of water for several hours. Use this water to hydrate and promote a sense of respiratory cleanliness and health. Be sure to clean both the stone and the glass before and after use.
- **Emotional clarity:** Carry a piece of aquamarine or wear it as jewellery to maintain emotional clarity and calm throughout the day. Its gentle energy is especially comforting during moments of emotional distress.
- **Energetic cleansing:** Place aquamarine in your living space, particularly where you work or study, to create a flow of clear, positive energy.

By integrating aquamarine into your healing practices, you can tap into its calming and purifying properties to enhance your overall wellbeing.



Meditation

Begin by settling into a comfortable spot. Hold a piece of aquamarine in your palms and gently close your eyes.

Take three deep breaths, letting go of distractions with each exhale. Picture a serene, blue light emanating from the aquamarine, surrounding you completely.

As you breathe in and out, envision this calming blue light expanding, reaching into the vastness of the universe, drawing tranquility and healing towards you.

Embrace this sensation of increasing calm and clarity, softly repeating the affirmation, "I am a sanctuary of peace and healing."

Focus on the light filling you with serenity—emotionally, physically, and spiritually. Slowly exhale, and when you're ready, open your eyes, returning to the present with a sense of renewed calm and purpose.



Crystal Grid

Seed of Life

Focus Stone: **Aquamarine**

Surrounding stones: **Rose Quartz** and **Blue Lace Agate**

Intention stones: **Green Aventurine**

1. Aquamarine: Position this at the centre of the Seed of Life grid. It serves as your anchor for serenity and compassion, radiating calming energies.
2. Rose Quartz: Known as the "Stone of Love," it enhances compassion and peace, harmonising with Aquamarine to deepen your capacity for love and understanding. Place this stone in the surrounding circles of the Seed of Life, creating a synergy that fosters an environment of unconditional love.
3. Blue Lace Agate: This stone supports clear communication and calming of the mind. Situate it alongside Rose Quartz to blend soothing communication with emotional peace, adding a layer of gentle calm and eloquence to your interactions.
4. Green Aventurine: Finally, place this stone at the outer edges of your grid as the intention stone. It encourages growth, healing, and the manifestation of abundance, aligning the grid's energies towards nurturing serenity and compassion in your life and surroundings.



Crystal Grid

Consider adding these stones to enhance your grid:

Smokey Quartz: Renowned for its grounding and protective qualities, this stone can anchor the grid while warding off negative vibrations, contributing an extra layer of security.

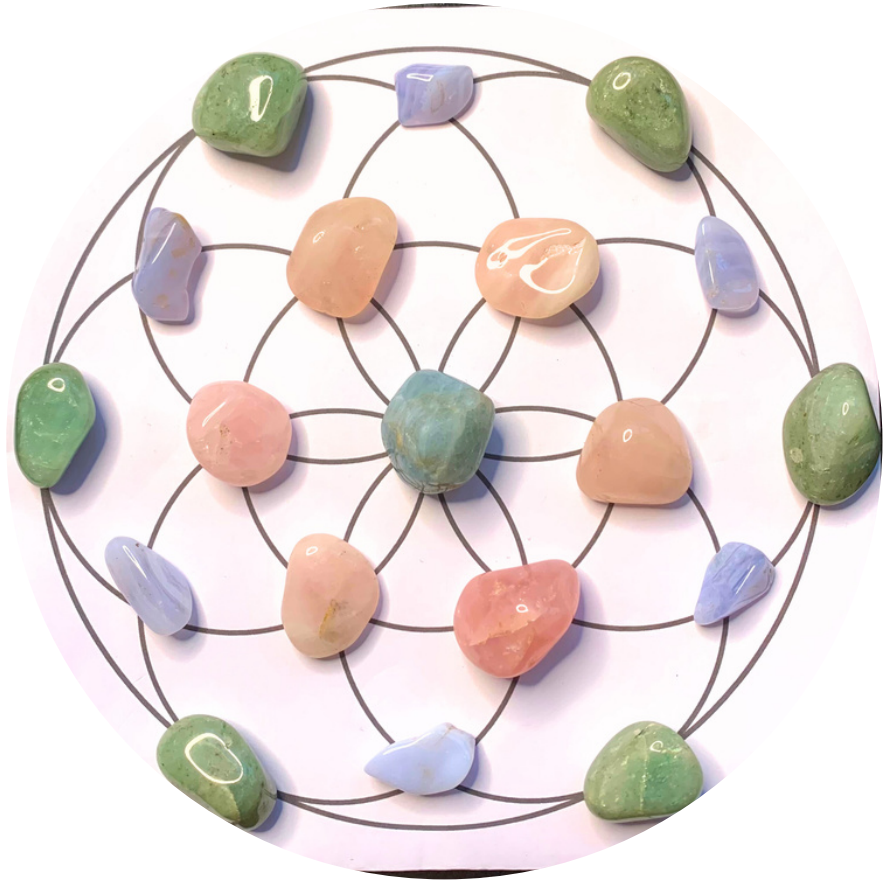
Citrine: Known for its ability to bring dreams to life and bolster determination, Citrine can boost the grid's dynamic energies, encouraging action and manifestation.

Amethyst: With its connection to transformation and spiritual protection, Amethyst introduces an added layer of depth to your grid's intent, enriching it with its protective and purifying presence.

Feel encouraged to incorporate these stones into any vacant spaces or junctures within your Seed of Life grid, aiming for a harmonious balance of energies.



Crystal Grid



Much love

Jane x