

Crystal of the month ~ July ~



Ruby

Keywords:

Vitality | Passion | Protection | Energy
Strength | Prosperity | Love | Courage



History

Ruby, often termed the "King of Gemstones," has been cherished for centuries. Its captivating red hue has adorned royalty and has been central to many cultural traditions, symbolising passion and power.

This gemstone's name comes from the Latin word 'ruber,' meaning red, reflecting its vibrant colour and its association with vitality and strength.

Throughout history, Ruby has been admired not just for its beauty but for its reputed protective qualities and ability to attract prosperity and success.

It was, and still is, seen as a symbol of love and passion, believed to ignite the flame within, earning its place as a highly revered gem in various cultures.



Identification

Ruby is a variety of the mineral corundum, prized for its deep red colour and durability.

With a Mohs hardness of 9, this resilient gemstone is a favourite for all kinds of jewellery, celebrated for its intensity and the way it reflects light.

Often mistaken for red spinel due to its striking colour, Ruby stands apart with its unique inclusions known as "silk" and its rarity, making it both beloved and highly sought after by jewellers and collectors alike.



Properties

Ruby, a gemstone known for its energising and protective properties, offers a spectrum of benefits that support both the body and the mind. This crystal serves as a powerful tool on your journey to passion and vitality.

Promotes:

- Energy and courage
- Passion and love
- Prosperity and success
- Emotional resilience
- Strength and protection
- Spiritual vitality

Facilitates:

- Enhancement of motivation and goal-setting
- Protection against negative energies
- Strengthening of the heart chakra
- Boosting of self-confidence
- Clarity in decision making
- Cleansing of physical and emotional states



Healing

Ruby is a versatile healer, renowned for its wide-ranging capabilities.

Physically, it is often utilised for its purported ability to enhance overall vitality, support the circulatory system, and invigorate the body's energy flow.

Ruby is also believed to support mental and emotional strength, potentially aiding in the alleviation of stress and the enhancement of self-confidence and courage.



Healing

How to use Ruby for healing

- **Heart chakra activation:** Position a ruby crystal at the centre of your chest, where the heart chakra is located, to enhance emotional resilience and inspire love and passion.
- **Energy enhancement:** For an overall boost in vitality, place ruby in your environment or carry it with you to amplify your energy throughout the day. The stone's ability to invigorate and sustain energy can be beneficial for maintaining a dynamic and enthusiastic life.
- **Focus and determination:** Keep a ruby on or near you when working on important projects or pursuing goals to sharpen focus and enhance motivation. Its properties are said to invigorate willpower and drive.
- **Space purification:** Set ruby around your living or workspace to cleanse the atmosphere and dispel stagnant or negative energy, fostering a vibrant and productive environment.

Incorporating ruby into your daily regimen may aid in energising and empowering your physical and spiritual being, leveraging its reputation as a stone of vitality and strength.



Meditation

Begin by finding a comfortable position. Clasp a piece of ruby in your hands and softly close your eyes.

Inhale deeply three times, releasing any distracting thoughts as you exhale. Imagine a warm, red light radiating from the ruby, encasing you in its brilliance.

With each breath in and out, visualise this warm red light intensifying, reaching out into the cosmos, drawing energy and strength back towards you.

Allow yourself to be enveloped in this sensation of growing vitality and courage, quietly affirming, "I am a vessel of energy and strength."

Concentrate on the light as it infuses you with confidence—emotionally, physically, and spiritually. Gently exhale, and when you feel centred, gradually open your eyes, returning to the moment refreshed and empowered.



Crystal Grid

Seed of Life

Focus Stone: **Ruby**

Surrounding stones: **Garnet** and **Carnelian**

Intention stones: **Black Tourmaline**

1. **Ruby**: Place this at the centre of the Seed of Life grid. It acts as a powerful amplifier of vitality and intention, radiating energising and protective energies throughout.
2. **Garnet**: Known for its revitalising and grounding qualities, it works in harmony with Ruby to promote courage and perseverance. Arrange this stone in the surrounding circles of the Seed of Life to create a stable, empowering aura.
3. **Carnelian**: This stone is famed for its motivational energy and creativity. Position it alongside Garnet to infuse the grid with enthusiasm and to enhance the amplification of intentions.
4. **Black Tourmaline**: This stone serves as the intention stone at the outermost points of the grid. Known for its protective properties, it shields against negative energies and enhances resilience and determination, perfectly complementing the grid's purpose.



Crystal Grid

Consider integrating these additional stones into your grid for increased vitality and empowerment:

Hematite: This stone is known for its grounding and balancing properties. Positioning Hematite within the grid can enhance stability and protection, making your intentions more focused and secure.

Citrine: Known for its ability to attract wealth and positive energy, Citrine can introduce a prosperous effect to the grid, facilitating smoother energy flow and heightened motivation.

Rose Quartz: Brings a gentle, loving vibration to the grid, promoting compassion and emotional healing. Its soothing energy is ideal for fostering love and deeper emotional connections.

Placing these stones in strategic locations within your Seed of Life grid can significantly amplify and balance the energies, harnessing Ruby's properties to their fullest potential.



Crystal Grid



Much love

Jane x