

Crystal of the month
~ December ~

Turquoise

Keywords:

Protection | Serenity | Communication
Wisdom | Healing | Spirituality | Balance

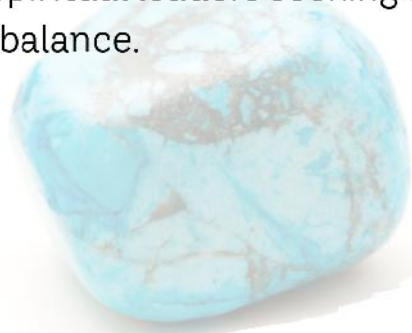


History

Turquoise, celebrated as one of the most ancient and cherished gemstones, has been revered for millennia by numerous cultures across the globe. Its name derives from the French word "turquoise", meaning "Turkish stone," referencing its journey to Europe via Turkey.

Used by ancient Egyptians, Native Americans, and Tibetans, turquoise was prized not only for its captivating hues but for its protective and spiritual qualities. It was often incorporated into ceremonial objects, amulets, and sacred adornments.

Turquoise has long been regarded as a stone of protection and wisdom, symbolising good fortune and spiritual grounding. Its connection to the heavens made it a favoured talisman for travellers, warriors, and spiritual leaders seeking divine guidance and balance.

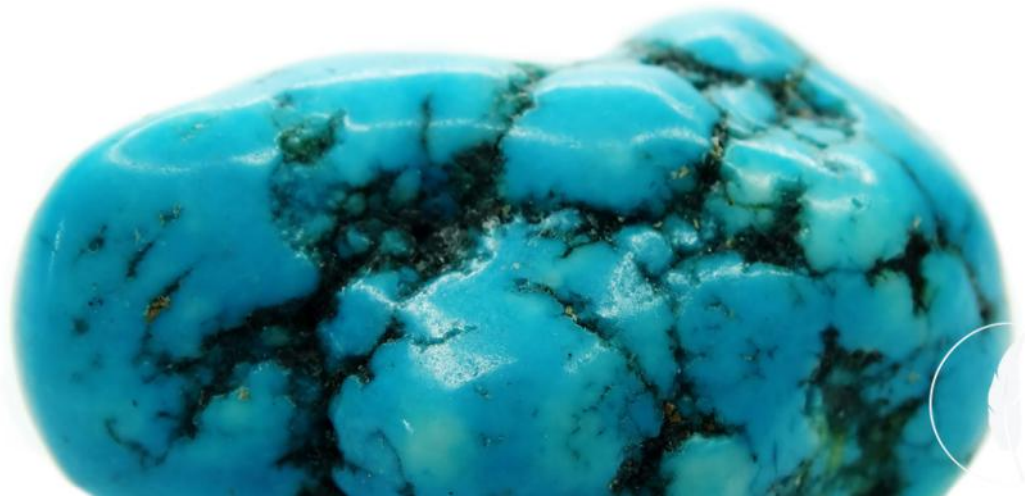


Identification

Turquoise is a hydrated phosphate of copper and aluminium, adored for its unique blue-to-green tones.

With a Mohs hardness of 5-6, it is softer than many gemstones, requiring care in handling and setting. Its matrix - dark veins or patterns - adds to its charm and authenticity, often reflecting the stone's place of origin.

Turquoise is easily distinguished by its opaque colour, which ranges from sky blue to green, and its slightly waxy lustre. Its rarity and cultural significance make it a cherished addition to jewellery and crystal collections alike.



Properties

Turquoise is renowned for its protective, calming, and harmonising properties. It is a nurturing stone, promoting spiritual and physical balance while encouraging self-expression and wisdom.

Promotes:

- Inner peace and emotional stability
- Clear communication
- Healing and renewal
- Strengthened intuition
- Spiritual grounding

Facilitates:

- Protection from negative energy
- Enhanced creativity and self-expression
- Alignment of the throat chakra
- Balance of physical and emotional states
- Confidence and clarity in social interactions
- Connection to ancestral and spiritual wisdom



Healing

Turquoise is celebrated for its ability to soothe and heal both mind and body.

Physically, it is believed to support the immune system, aid in detoxification, and promote overall vitality. Many use it for its purported ability to relieve tension headaches and improve respiratory health.

Emotionally, turquoise helps to dispel negative emotions, such as anxiety and fear, fostering serenity and balance. It is also thought to encourage honest and clear communication, making it a useful tool for those seeking to strengthen relationships or speak their truth.



Healing

How to use Topaz for healing

- **Throat Chakra Activation:** Place turquoise at the throat chakra to open and balance this centre, encouraging honest expression and effective communication.
- **Protective Amulet:** Wear turquoise as jewellery or carry it with you to shield against negativity and enhance spiritual awareness.
- **Emotional Healing:** Hold turquoise during times of stress or emotional upheaval to promote calmness and restore balance.
- **Energy Boost:** Position turquoise in your home or workspace to create a tranquil yet energising atmosphere, and increase creativity and wellbeing.

Turquoise's versatility as a healer makes it an excellent companion for both everyday use and deeper spiritual practices.



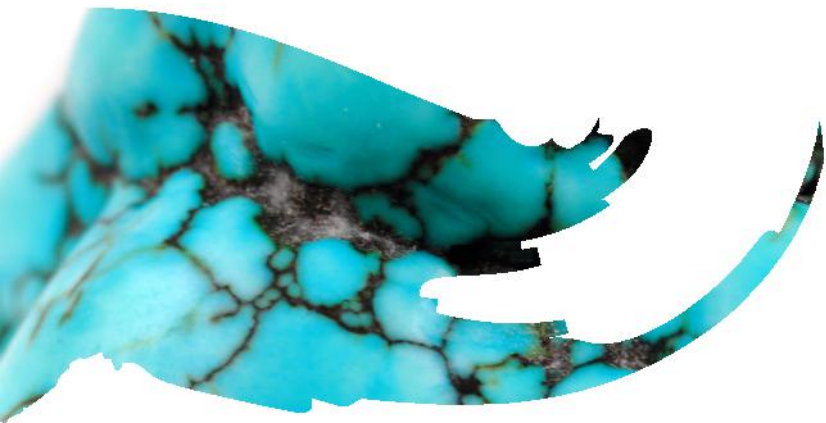
Meditation

Begin by sitting comfortably, holding a piece of turquoise in your hands. Close your eyes and take three deep breaths, inhaling serenity and exhaling tension.

Visualise a soothing blue-green light radiating from the turquoise, wrapping you in a cocoon of peace and protection. With each breath, imagine this light expanding, dissolving negativity and filling you with a sense of calm and clarity.

Silently affirm: "I am protected, balanced, and serene. My voice carries wisdom and truth."

Allow yourself to sit in this peaceful energy, feeling deeply connected to the grounding and uplifting properties of turquoise. When ready, gently open your eyes, carrying this serenity with you.



Crystal Grid

Focus stone: Turquoise

Surrounding stones: Clear Quartz and Amazonite

Intention stone: Sodalite

Grid: Seed of Life

- **Turquoise:** At the centre, turquoise anchors the grid with protective and harmonising energy, enhancing balance and connection.
- **Clear Quartz:** Surrounding the turquoise, these stones amplify the grid's energy and intentions, creating a powerful flow of positivity.
- **Amazonite:** Known for its calming and communicative properties, it supports turquoise by fostering emotional balance and creativity.
- **Sodalite:** Positioned as the intention stones, sodalite aids in clear thinking and spiritual insight, aligning with turquoise's energy.



Crystal Grid

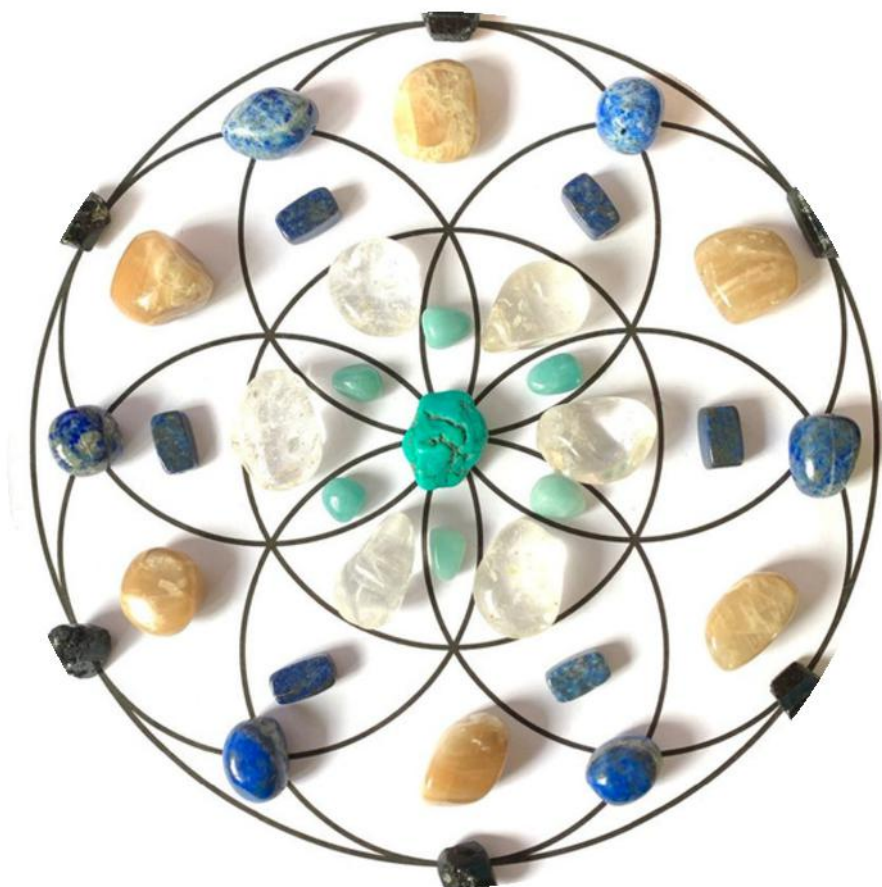
Consider incorporating additional stones:

- **Lapis Lazuli:** Add this for deeper spiritual awareness and wisdom.
- **Moonstone:** Introduce a nurturing and calming element to the grid, complementing turquoise's soothing qualities.
- **Black Tourmaline:** Place this for an extra layer of protection, ensuring a grounded and secure energy flow.

By incorporating these stones into your Seed of Life grid, you create a space of healing, protection, and serenity, with turquoise at the heart guiding the intention.



Crystal Grid



Much love
Jane x