

Crystal of the month *~ August ~*

Peridot

Keywords:

Renewal | Prosperity | Healing | Energy
Protection | Emotional Balance | Spirituality |
Growth



History

Peridot, often known as the "Evening Emerald," has a rich historical background. Cherished since ancient times, it was utilised by various cultures to craft beautiful jewellery and revered artifacts.

This gem's name is derived from the Arabic word 'faridat,' meaning gem. The Egyptians, who called it the "gem of the sun," believed it could protect against the terrors of the night and was found in the Red Sea on St. John's Island.

Throughout history, Peridot has been admired not only for its vibrant green hue but also for its reputed healing properties and its ability to bring prosperity and abundance. It was, and still is, considered a stone of renewal and growth, believed to strengthen friendships and free the mind from envious thoughts, securing its place as a treasured gem in various cultural traditions.



Identification

Peridot is a gem-quality variety of the mineral olivine, prized for its distinct olive-green colour and brilliance.

With a Mohs hardness of 6.5 to 7, this durable gemstone is a favourite for all kinds of jewellery, admired for its unique colour range from yellow-green to olive and its striking play of light.

Often mistaken for emeralds due to its green hue, Peridot is distinguished by its iron content, which gives it its characteristic colour. Its availability and affordability make it a beloved choice for both crystal enthusiasts and jewellers alike.



Properties

Peridot offers a spectrum of benefits that support both the body and the mind. This crystal serves as a powerful tool on your journey to renewal and positive transformation.

Promotes:

- energy and vitality
- emotional balance
- abundance and prosperity
- protection against negativity
- healing and renewal
- spiritual growth

Facilitates:

- enhancement of wellbeing and immune function
- reduction of stress and anxiety
- strengthening of personal resolve
- harmonisation of relationships
- clarity in decision making
- cleansing of physical and emotional states



Healing

Peridot is a versatile healer, renowned for its broad-ranging healing capabilities.

Physically, it is often utilised for its purported ability to enhance overall wellbeing, support digestive health, and revitalise the body.

Peridot is also believed to support mental and emotional balance, potentially aiding in the alleviation of stress, reducing anger, and promoting a sense of calm and renewal.



Healing

How to use Peridot for healing:

Heart chakra activation: Position a peridot crystal over your heart to enhance emotional balance and promote feelings of love and compassion.

Energy enhancement: For an overall boost in vitality, place peridot in your environment or carry it with you to amplify your energy throughout the day. The stone's ability to absorb, store, and release energy can be beneficial for maintaining a steady flow of positivity.

Focus and clarity: Keep a peridot on or near you when working or meditating to sharpen focus and clear mental fog. Its properties are said to enhance cognitive function and concentration.

Space purification: Set peridot around your living or workspace to cleanse the atmosphere and dispel stagnant or negative energy, fostering a clean and harmonious environment.

Incorporating peridot into your daily regimen may aid in balancing and energising your physical and spiritual being, leveraging its reputation as a stone of renewal and growth.



Meditation

Start by finding a comfortable position. Hold a piece of peridot in your hands and gently close your eyes.

Take three deep breaths, letting go of any distracting thoughts as you exhale.

Visualise a vibrant green light emanating from the peridot, enveloping you in its radiance.

With each breath, imagine this radiant green light growing stronger, extending into the cosmos, and drawing back energy and renewal towards you.

Let this sensation of clarity and vitality fill you, silently affirming, "I am a vessel of renewal and prosperity."

Focus on the light as it brings you tranquility—emotionally, physically, and spiritually. Take a deep breath, and when you feel centred, slowly open your eyes, returning to the moment refreshed and realigned.



Crystal Grid

Seed of Life

Focus Stone: **Peridot**

Surrounding stones: **Amethyst** and **Citrine**

Intention stones: **Labradorite**

Peridot: Place this at the centre of the Seed of Life grid. It acts as a powerful amplifier of renewal and prosperity, radiating positive and protective energies throughout.

Amethyst: Known for its healing and protective qualities, it works in harmony with Peridot to promote tranquility and spiritual awareness. Arrange this stone in the surrounding circles of the Seed of Life to create a calming, protective aura.

Citrine: This stone is famed for its positive energy and manifestation power. Position it alongside Amethyst to infuse the grid with vitality and to enhance the amplification of intentions.

Labradorite: This stone serves as the intention stone at the outermost points of the grid. Known for its mystical properties, it protects against negative energies and enhances intuition and perseverance, perfectly complementing the grid's purpose.



Crystal Grid

Consider integrating these additional stones into your grid for increased harmony and amplification:

Herkimer Diamonds: These double-terminated quartz crystals are powerful amplifiers of spiritual energy. Positioning Herkimer Diamonds within the grid can enhance the flow of energy, making your intentions clearer and more powerful.

Blue Kyanite: Known for its ability to align all chakras without effort, Blue Kyanite can introduce a balancing effect to the grid, facilitating smoother energy flow and heightened intuition.

Celestite brings a high-frequency vibration to the grid, promoting celestial connection and peaceful harmony. Its gentle, uplifting energy is ideal for fostering serenity and deeper spiritual insights.

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



Crystal Grid



Much love
Jane x