

# *Crystal of the month ~ May ~*

## *Emerald*

### **Keywords:**

Love | Vitality | Wisdom  
Healing | Abundance | Harmony



# History

Emerald, often referred to as the "Stone of Successful Love," has a distinguished history. Cherished since ancient times, it was used by diverse cultures to craft exquisite jewelry and significant ceremonial objects.

The name of this gemstone comes from the Greek word 'smaragdos', which translates to 'green stone', highlighting its lush verdant hue that has symbolised renewal and vitality throughout the ages.

Emeralds have been esteemed not only for their beauty but also for their reputed powers to heal and inspire. Historically, they were believed to bestow foresight, good fortune, and youth on their bearers, establishing them as symbols of true affection and the rejuvenating force of nature, making them treasured gems across various civilisations.



# Identification

Emerald is a variety of beryl, valued for its rich green colour and luxurious appearance.

With a Mohs hardness of 7.5 to 8, this durable gemstone is a popular choice for various types of jewellery, celebrated for its vivid hue and glossy sheen.

Often distinguished from other gems by its unique green tone, Emerald stands out with its natural inclusions, known as *jardin*, which are accepted as the hallmarks of its authenticity and charm, making it both prized and cherished among crystal lovers and jewellers alike.



# Properties

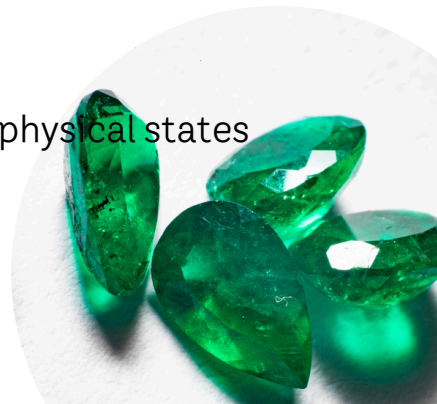
Emerald, a gem renowned for its restorative and enriching properties, provides a range of benefits that nurture both the body and the spirit. This gemstone acts as a potent aid on your path to rejuvenation and harmony.

Promotes:

- Love and loyalty
- Emotional insight
- Fertility and abundance
- Physical healing
- Harmony and balance
- Wisdom and patience

Facilitates:

- Improvement of mental clarity
- Reduction of negativity
- Enhancement of psychic abilities
- Alignment of the heart chakra
- Clarity in decision-making
- Purification of emotional and physical states





# Healing

Emerald is a multifaceted healer, celebrated for its wide array of healing properties.

Physically, it is often used for its reputed ability to enhance overall health, invigorate the heart and detoxify the blood, promoting vitality and physical energy.

Emerald is also thought to support mental and emotional wellbeing, potentially aiding in the reduction of stress and the enhancement of emotional equilibrium and insight.



# Healing

## How to use Emerald for healing

- **Heart chakra activation:** Place an emerald stone over your heart, where the heart chakra is situated, for emotional healing and to enhance love and compassion.
- **Vitality enhancement:** For a general boost in wellbeing, position emerald in your living space or carry it with you to rejuvenate your energy throughout the day. The stone is known for its ability to promote recovery and vitality.
- **Emotional clarity:** Keep an emerald close when you are feeling overwhelmed or need to make important decisions. Its properties are believed to enhance emotional insight and balance.
- **Space harmonisation:** Place emerald around your home or office to encourage a peaceful and harmonious environment. It's thought to help balance energies and bring freshness to stagnant areas.

Incorporating emerald into your daily routine may assist in nurturing your physical and emotional states, utilising its qualities as a stone of renewal and recovery.



# Meditation

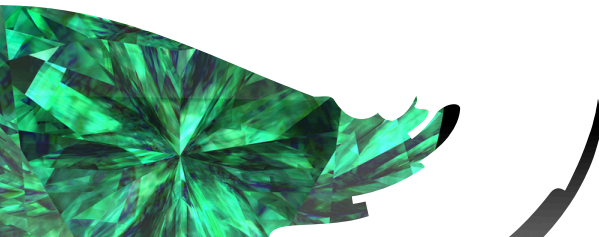
Begin by finding a comfortable position. Hold a piece of emerald in your hands and gently close your eyes.

Take three deep breaths, letting go of any distractions as you exhale. Visualise a soothing, green light emanating from the emerald, surrounding you with its calming energy.

With each inhalation and exhalation, see this gentle green light grow brighter, extending outwards, drawing peace and healing energy towards you.

Embrace this feeling of increasing serenity and rejuvenation, softly repeating the affirmation, "I am a vessel of love and healing."

Focus on the light as it enriches you with calmness—emotionally, physically, and spiritually. Slowly exhale, and when you feel at peace, open your eyes, returning to the present reinvigorated and harmonised.



# Crystal Grid

## Seed of Life

Focus Stone: **Emerald**

Surrounding stones: **Rose Quartz and Moonstone**

Intention stone: **Green Aventurine**

**Emerald:** Place this at the centre of the Seed of Life grid. It serves as a vibrant source of healing and love, radiating revitalising and balancing energies throughout.

**Rose Quartz:** Known for its nurturing and loving qualities, it works in harmony with Emerald to enhance emotional healing and promote compassion. Arrange this stone in the surrounding circles of the Seed of Life to create a soothing, loving aura.

**Moonstone:** This stone is celebrated for its connection to intuition and emotional balance. Position it alongside Rose Quartz to amplify the grid's harmonizing energies and support personal growth and emotional strength.

**Green Aventurine:** Serving as the intention stone at the outermost points of the grid, known for its properties of luck and abundance, it supports the grid's focus on prosperity and emotional calm, complementing the healing energy of Emerald perfectly.





# Crystal Grid

Consider enhancing your grid with these complementary stones.

**Green Tourmaline** can amplify the rejuvenating energies of Emerald. Placing Green Tourmaline within the grid can boost vitality, promote emotional balance, and enhance compassion, aligning closely with your heartfelt intentions.

**Peridot** brings additional layers of cleansing and refreshing energy, which can invigorate and purify the entire grid. It's especially good for releasing emotional baggage and enhancing growth and personal change.

**Lapis Lazuli** promotes wisdom, truth, and spiritual insight, facilitating a higher awareness in your grid. Its inclusion can enhance your spiritual connection and foster a clearer understanding of your true emotional landscape.

Incorporating these stones strategically within your Seed of Life grid, can significantly enhance the overall harmony, deepen emotional insight, and support spiritual growth.



# *Crystal Grid*



*Much love*  
*Jane x*