

Crystal of the month *~ September ~*

Sapphire

Keywords:

Wisdom | Protection | Serenity | Intuition
Spirituality | Clarity | Enlightenment | Peace



History

Sapphire, the birthstone of September, has a rich history of admiration and reverence. Known as the "Gem of the Heavens," it has been cherished by royalty and spiritual leaders for centuries, symbolising wisdom, virtue, and divine favour.

The name "Sapphire" derives from the Latin word 'sapphirus' and the Greek 'sappheiros', both meaning blue. Its striking hue has often been associated with the sky and the ocean, lending the stone an air of mysticism and serenity.

Throughout history, Sapphire has been believed to protect its wearer from envy and harm while attracting blessings and peace.

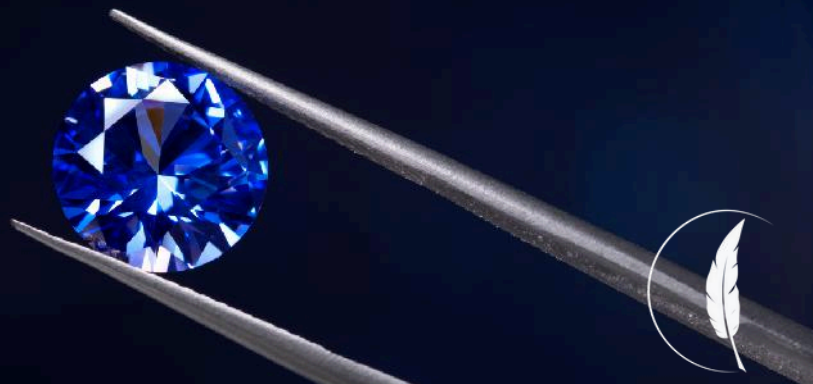


Identification

Sapphire is a variety of the mineral corundum, prized for its stunning range of colours, though it is most commonly recognised for its deep blue shade. It ranks 9 on the Mohs hardness scale, making it one of the hardest and most durable gemstones.

Often confused with other blue stones, such as Topaz and Aquamarine, Sapphire stands out with its unparalleled brilliance and depth of colour.

The presence of trace elements like iron, titanium, or chromium within Sapphire is what gives it its vibrant hue, ranging from pale to deep blue, with the most valued Sapphires being a rich, velvety royal blue.



Properties

Sapphire is renowned for its spiritual and healing properties, offering a variety of benefits that support both the mind and the body. This crystal serves as a powerful ally on your path to spiritual awakening and emotional balance.

Promotes:

- Wisdom and insight
- Spiritual enlightenment
- Emotional balance
- Protection and peace
- Faith and hope

Facilitates:

- Enhanced intuition and psychic abilities
- Strengthening of self-discipline and focus
- Alignment of physical, mental, and spiritual bodies
- Protection against negative energies
- Clarity in communication and expression



Healing

Sapphire is a potent healer, revered for its ability to bring balance and calm to the body and mind. Physically, it is believed to aid in the healing of the eyes, blood disorders, and cellular health, as well as to alleviate symptoms of stress and anxiety.

Emotionally, Sapphire is said to soothe mental tension, promote mental clarity, and assist in releasing unwanted thoughts and feelings, making it a valuable companion during meditation or times of emotional turmoil.



Healing

How to use Sapphire for healing

Third Eye chakra activation: Place a Sapphire crystal on your forehead, where the Third Eye chakra is located, to enhance intuition, spiritual awareness, and insight.

Protection and peace: Carry or wear Sapphire to shield yourself from negative energies and to attract calmness and serenity into your life. The stone's tranquil energy is believed to help create a peaceful atmosphere, whether worn or placed in your environment.

Mental clarity and focus: Keep a Sapphire on your desk or in your study area to improve concentration and discipline, especially during tasks that require clear thinking and precision.

Emotional healing: Use Sapphire during meditation to release emotional blockages and to promote a sense of inner peace and calm, helping to balance emotions and foster a positive outlook.

Incorporating Sapphire into your daily routine may assist in aligning your physical and spiritual well-being, enhancing its reputation as the 'Stone of Wisdom'.



Meditation

Begin by sitting in a comfortable position, holding a Sapphire in your hands. Close your eyes and take a few deep breaths, letting go of any tension with each exhale.

Visualise a deep blue light emanating from the Sapphire, enveloping you in a protective and peaceful aura.

As you continue to breathe deeply, imagine this blue light growing stronger, extending beyond you, connecting you to the vastness of the sky and the wisdom it holds.

Repeat to yourself, "I am open to wisdom and clarity." Focus on the light filling you with peace, clarity, and insight.

When you feel centred, slowly open your eyes, bringing this sense of calm and wisdom into your day.



Crystal Grid

Seed of Life

Focus Stone: **Sapphire**

Surrounding stones: **Moonstone** and **Aquamarine**

Intention stones: **Lapis Lazuli**

Sapphire: Place this at the centre of the Seed of Life grid. It serves as a focal point for wisdom and spiritual enlightenment, radiating its protective and calming energy throughout the grid.

Moonstone: Known for its soothing and balancing properties, Moonstone complements Sapphire by promoting emotional healing and intuition. Place these in the surrounding circles to enhance emotional balance and inner peace.

Aquamarine: This stone is associated with clear communication and courage. Position it alongside Moonstone to amplify the energy of calmness and clarity, reinforcing the grid's intention of peace and wisdom.

Lapis Lazuli: As the intention stone, Lapis Lazuli enhances self-awareness and spiritual connection. Place it at the outermost points of the grid to strengthen the protective and enlightening energies of the grid.



Crystal Grid

Consider adding these stones to your grid for enhanced harmony and protection:

Black Tourmaline: Known for its grounding and protective qualities, Black Tourmaline can help shield the grid from negative influences, providing a stabilising effect on the energy flow.

Clear Quartz: This powerful amplifier can be placed strategically within the grid to enhance the overall energy, ensuring that your intentions are clearly focused and energetically supported.

Amethyst: Introduce Amethyst to the grid to further promote spiritual awareness and tranquility, complementing the calming and protective energies of Sapphire.

Fill in any gaps with any crystals that you feel intuitively drawn to.

Placing these stones within your Seed of Life grid can significantly enhance and balance the energies, allowing Sapphire's properties to shine through and bring wisdom, peace, and protection into your life.



Crystal Grid



Much love
Jane x