

# Crystal of the month

## ~ February ~

The background of the image features a bundle of dried sage tied with white string, positioned diagonally across the upper half. Below it, three smooth, reddish-orange jasper stones are arranged. A semi-transparent grey rectangle is centered over the sage bundle, containing the text 'Red Jasper'.

# Red Jasper

### Theme:

Grounding | Strength | Stability | Vitality



# A brief history

Red Jasper, often called the "Stone of Endurance," has been valued throughout history for its stabilising energy and deep connection to the Earth.

From ancient Egyptian amulets to Native American protective talismans, this rich, red crystal has long been associated with courage, stamina, and resilience.

Today, Red Jasper continues to be a powerful companion for those seeking balance, motivation, and inner strength.



# Spotlight on Red Jasper

- Colour: Deep red, sometimes with brown or orange undertones
- Composition: A variety of Chalcedony (microcrystalline Quartz)
- Hardness: Mohs scale 6.5–7 (durable and wearable)
- Origin: Found worldwide, with notable deposits in India, Brazil, Madagascar, and the USA



# Why use Red Jasper?

If you need stability, endurance, or a boost of motivation, Red Jasper is the crystal for you. It works harmoniously to ground energy, enhance confidence, and restore physical and emotional balance.

## **Key benefits:**

- Boosts vitality and stamina
- Encourages emotional resilience and strength
- Provides grounding and stability
- Stimulates courage and determination



# Everyday uses

## **For grounding and balance**

Hold Red Jasper in your hand when feeling overwhelmed to bring a sense of calm and stability.

## **For motivation and endurance**

Carry it with you to stay focused and energised throughout the day.

## **For emotional resilience**

Place it on your root chakra during meditation to release fears and enhance inner strength.

## **For a supportive home environment**

Keep Red Jasper in shared spaces to create a steady and protective atmosphere.



# Meditation

- Find a quiet space and sit comfortably.
- Hold a piece of Red Jasper in your hands.
- Close your eyes and imagine a deep red light surrounding you, grounding your energy to the Earth.
- Repeat this affirmation: *"I am strong, stable, and deeply rooted."*
- Breathe deeply, allowing yourself to feel balanced and empowered.



# Complementary stones

Pair Red Jasper with these crystals for enhanced energy:

- **Smoky Quartz** – For grounding and protection
- **Carnelian** – To boost confidence and creativity
- **Hematite** – To enhance focus and mental clarity
- **Black Tourmaline** – For strong energetic protection



# At a glance

## **Element**

Earth – Stability and grounding

## **Chakra**

Root – Security, strength, and endurance

## **Affirmation**

“I am grounded, strong, and full of vitality.”

## **Best time to use**

During times of stress, fatigue, or when setting goals





# Fun fact

Ancient warriors believed Red Jasper was the “blood of the Earth,” granting them strength and courage in battle. Some even carried it into war as a talisman for victory!

Legend has it that in the Middle Ages, Red Jasper was engraved with images of dragons or warriors to enhance bravery – so if you ever need a confidence boost, just think of it as your personal warrior’s stone!



# Crystal Grid

**Focus stone:** Red Jasper

**Surrounding stones:** Carnelian and Black Obsidian

**Intention stone:** Hematite

**Grid:** Seed of Life

At the heart of this grid is **Red Jasper**, radiating stability, endurance, and resilience. It provides a steady, grounding energy that promotes strength and determination.

**Carnelian** – A stone of motivation and courage, Carnelian adds passion and drive, working alongside Red Jasper to boost confidence and inspire action.

**Black Obsidian** – A powerful protective stone, Black Obsidian absorbs negativity and clears emotional blockages, ensuring the grid's energy remains strong and stable.

**Hematite** – Known for its grounding and balancing properties, Hematite enhances focus and mental clarity, reinforcing a sense of stability and perseverance.



# Crystal Grid

## Complementary stones

**Tiger's Eye** – Encourages courage, self-discipline, and clear decision-making.

**Labradorite** – Enhances intuition and supports transformation during challenging times.

**Dragon's Blood** – Said to hold the energy of ancient warriors, igniting personal power and resilience.

**Black Tourmaline** A highly protective stone, Black Tourmaline shields against negative energy and external influences, keeping the grid's energy field strong and secure.

This grid creates a powerful foundation for strength, grounding, and endurance, making it an ideal tool for resilience and personal growth.



# Crystal Grid



Much love

Jane x