

# Crystal of the month

## ~ June ~

# Pearl

### **Theme:**

Calm | Intuition | Nurturing | Wisdom | Purity  
Emotional Healing | Feminine Energy | Serenity



# A brief history

Pearls, often called the "Tears of the Moon," have been treasured for thousands of years as symbols of purity, wisdom, and serenity.

Highly prized in ancient cultures from China to Rome, Pearls were once believed to be gifts from the gods, formed by moonlight falling into the sea. In many traditions, they represent femininity, intuition, and emotional balance.

Today, Pearls remain timeless gems, cherished for their gentle, nurturing energy and their deep connection to water and emotion.



# Spotlight on Pearl

- **Colour:** White, cream, pink, grey, or black with a natural lustrous sheen
- **Composition:** Organic gem formed within molluscs – primarily calcium carbonate
- **Hardness:** Mohs scale 2.5–4.5 (soft – handle with care)
- **Origin:** Found in both freshwater and saltwater regions – notable sources include Japan, China, Australia, and the South Pacific



# Why use Pearl?

If you seek emotional healing, spiritual growth, or inner peace, Pearl is a gentle yet powerful ally. It promotes harmony, soothes the heart, and encourages self-reflection and acceptance.

## **Key benefits:**

- Calms emotions and encourages peace of mind
- Promotes self-love and inner wisdom
- Enhances spiritual insight and intuition
- Supports emotional healing and forgiveness



# Everyday uses

## **For emotional balance**

Wear a Pearl necklace or bracelet to soothe feelings of anxiety and promote calm.

## **For nurturing energy**

Keep Pearl close during times of emotional vulnerability to foster compassion and self-kindness.

## **For spiritual connection**

Place a Pearl on your third eye during meditation to enhance insight and intuition.

## **For harmonious spaces**

Display Pearls or mother-of-pearl in your bedroom to invite serenity and emotional harmony.



# Meditation

- Find a quiet, peaceful space.
- Hold a Pearl gently in your palm or place it near your heart.
- Close your eyes and visualise a soft, shimmering light surrounding you, like moonlight on water.
- Repeat this affirmation: *"I am calm, wise, and emotionally at peace."*
- Breathe deeply, allowing this gentle energy to soothe and centre you.



# Complementary stones

Pair **Pearl** with these crystals for enhanced harmony:

**Moonstone** – For emotional balance and feminine energy

**Lepidolite** – To ease anxiety and encourage inner peace

**Selenite** – For spiritual clarity and energetic cleansing

**Rose Quartz** – To nurture love and emotional healing



# At a glance

## **Element**

Water – Emotion and intuition

## **Chakra**

Heart & Third Eye – Compassion, calm, and insight

## **Affirmation**

*"I embrace peace, wisdom, and emotional harmony."*

## **Best time to use**

During emotional healing, full moons, or when seeking clarity and calm





# Fun fact

In ancient China, Pearls were believed to protect against fire and dragons, while in Persia, they were thought to be formed by a rainbow's fall into the sea. Legends often connect Pearls with tears – not of sadness, but of divine beauty and spiritual truth.

Even today, Pearls are seen as a symbol of wisdom earned through experience – perfect for life's gentler but powerful moments of transformation.



# Crystal Grid

**Focus stone:** Pearl

**Surrounding stones:** Moonstone and Rose Quartz

**Intention stone:** Selenite

**Grid:** Flower of Life

At the centre of this grid sits **Pearl**, radiating gentle, nurturing energy that supports emotional healing and spiritual awareness.

**Moonstone** – Enhances intuition and connects to the divine feminine, making it ideal for emotional flow and inner balance.

**Rose Quartz** – Offers unconditional love and emotional support, softening the heart and enhancing compassion.

**Selenite** – Cleanses the energy field and heightens spiritual clarity, helping you to release emotional blockages.



# Crystal Grid

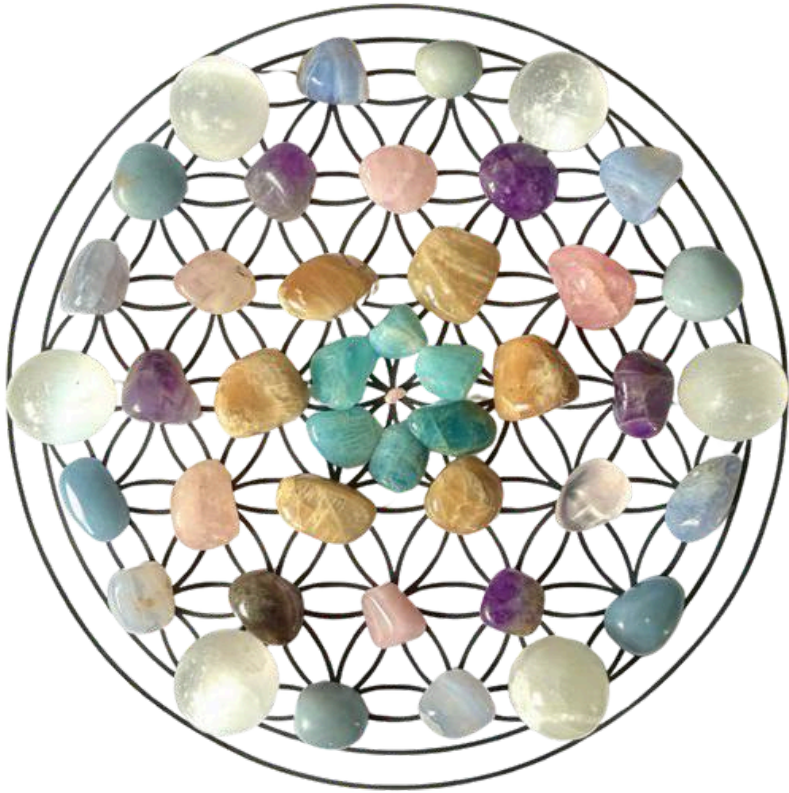
## Complementary stones

- **Aquamarine** – Encourages calm, clarity, and courage in communication
- **Angelite** – Supports connection to higher realms and soothing presence
- **Amethyst** – Enhances spiritual growth and peace of mind
- **Blue Lace Agate** – Assists with gentle expression and emotional healing

This grid brings a serene and sacred energy to any space, perfect for inner peace, emotional renewal, and soulful reflection.



# Crystal Grid



Much love

Jane x