

# HEALING GEMSTONES

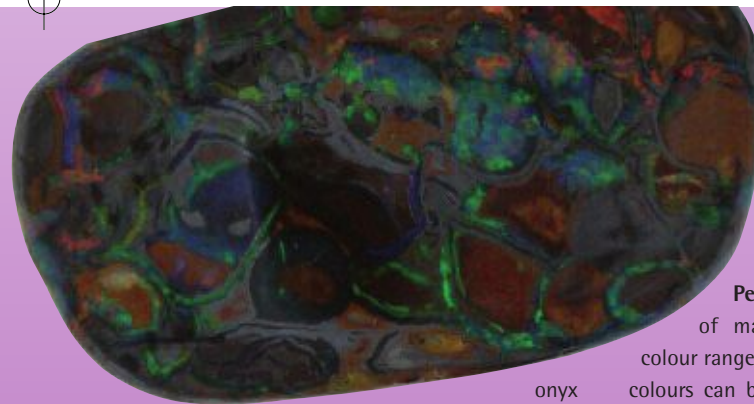
## Healing Gemstones

In this issue we continue the magical properties of gems starting with O & P

**Obsidian** is a volcanic lustre rock formed during volcanic activity. It is usually a black or brown glass like rock that sometimes portrays other colours such as blue, purple and green as well as gold and silver sheen. Obsidian is a very protective and grounding stone, and has been used by shamans and crystal healers for this as well as for removing negativity and protection against psychic attacks. It has been shaped into parabolic mirrors and disks for scrying for vision quests and helping to tune into the spirit world. The different colours can work on the different chakras according to colour and the rainbow obsidian on all the chakras and is known as the stone of pleasure as it helps to induce happiness and joy. Snowflake obsidian has the property of bringing things to the surface. The things brought to the surface could be positive or negative, love, anger, secrets, but with snowflake obsidian, these things are brought to the surface more gently than they might be otherwise. Snowflake obsidian can provide balance during times of change and is sometimes known as yin yang stone. It aids in seeing patterns in life and recreating them in a

more beneficial way. It is a stone of serenity and purity, and can shield against negativity. It is associated with the root chakra and is beneficial for the veins, skeleton, and smooth skin. Snowflake obsidian gives protection from physical and emotional harm. Chakra: Primarily 1st Root Muladhara will work on chakra of the same colour as the obsidian. Chemical composition:  $\text{SiO}_2$  Hardness: 5 to 5.5

**Onyx** is a member of the Quartz family Chalcedony or microcrystalline quartz. It is usually black, gray or brown with white bands. The bands are typically straight, which separates it from banded agate, because the lines in banded agate are usually curved. Sardonyx is a type of Onyx with bands of Sard alternating with the stone's white or black layers. Onyx assists with challenges in life, especially those caused by a drain of energy. It prevents the draining away of personal energy and can be used for protection from such. It also helps with grounding and controlling or eliminating excess or unwanted energies. It has been used for wound healing, childbirth and to increase stamina and self-control. Black



Ajna and heart Anahata chakras. Chemical composition:  $\text{CaCO}_3$  (aragonite) - about 82-86%; conchiolin- about 10-14%; water- 2%. Hardness: 2.5 to 4.5

**Peridot** crystallizes mainly in the form of masses and prismatic crystals. The colour range is varying shades of green but other colours can be found such as yellows and reds. Peridot is associated with the heart chakra, and can be used to balance and stimulate that chakra. It is a stone of compassion. It has a friendly energy and is excellent for healing. It assists in rebirth and renewal of all kinds. Peridot also brings abundance and prosperity. It enhances the healing and harmony of relationships of all kinds, but particularly marriage. Peridot can lessen stress in relationships, anger and jealousy, slow aging, and heal ulcers and other digestive problems. It also assists in finding what is lost, and strengthens ESP abilities. It has been said to make a shield of protection around the body of anyone wearing peridot. Chakra: Anahata. Chemical composition:  $(\text{MgFe})_2\text{SiO}_4$  Hardness: 6.5 to 7.0

**Opal** crystallizes in the form of masses and often forms in fossils. There are many types and colour of opal so this is a general explanation as different types of opal work in specific ways. Opal is a stone of inspiration which enhances imagination and creativity. It helps one release inhibitions and enhances memory. Opal is also a very spiritual stone, and can help one be "invisible" in situations where you don't care to be noticed. Opal brings happy dreams. It also eases the process of change and helps to elevate the emotions. Physically, opal is said to be helpful for the lungs and chest area of the body. Chakra: All. Chemical Composition:  $\text{SiO}_2 \cdot n\text{H}_2\text{O}$  Hardness: 5.5 to 6.0

**Petalite** crystallizes mainly in mass form. Its colour varies from white, pink and colourless. Petalite is sometimes called the "Stone of the Angels". It is excellent for spiritual healing.

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