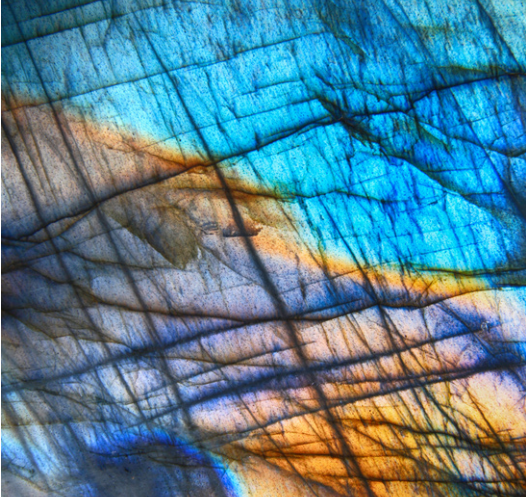


LABRADORITE



Galactic awakening, strengthening senses, detoxifying, moving through realms

Chakra: Third eye, throat, Base of the spine

Origin: Madagascar

Cleansing methods: All

Element: Fire and water

It is said that Labradorite was first discovered in 1770 in Labrador, Newfoundland, Canada by Moravian missionaries. It is, however much older, as it is referenced in legends by older Inuit tribes and was known to be in use by the Red Paint People of Maine for over a thousand years.

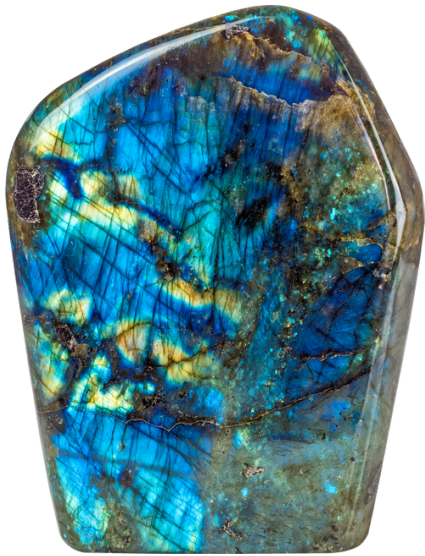
LORE of the stone. Lore of the Inuit people claims Labradorite fell from the frozen fire of the Aurora Borealis an ordinary stone that transforms to the extraordinary, shimmering its mystical light that separates the waking world from unseen realms.

Another Legend has it that the Northern Lights were once stuck inside rocks on the Canadian coast until a brave warrior freed most of them by hitting the rocks with a spear. The rocks that were not hit, still have those Northern Lights within them, the cause of the beautiful iridescent quality labradorite possesses.



This stone has unveiled itself to me, showing me stellar origins and guardians that can be traced to the Vega star in the constellation of Lyra, these guardians over-light its energy, and could possibly be the ones the Inuit elders communicated with. Lyran from Vega star, say Labradorite is a star stone that unlocks dormant potential. It is the 'Labradorescence' that is of Lyran origin and enclosed in the mineral to bring evolved energies from other worlds to the earth plane.

It brings races of a similar frequency together, and is protected by many. It is a wise energy, mystic, deep, ever unfolding and requires dedication from you, a type of Feldspar that is formed like rainbow moonstone, in layers, so the light moves through the many layers and is reflected, the way it is formed is a message of its work. To move slowly through the layers to find the light within. It is a Stone of Magic, a crystal of shamans, healers, and all who travel and embrace the universe seeking knowledge and guidance. It awakens your awareness, intuition, and psychic abilities.



The most powerful protector of the mineral kingdom, it prevents energy leaking, and any other tapping into your energy source and draining you. Creating a shielding throughout the aura as it strengthens your natural energies from within. It allows you to use all your senses freely whilst journeying, still protecting you. As its vibration is higher and more of air.

It ensures that all elements are balanced within your systems. And if there is an imbalance it will draw your awareness to it, if you ask it to. It provides a safe space to explore into alternate levels of consciousness and planes of existence. Bringing that ease in moving between the worlds, and permits a safe and grounded return to the present moment.

It supports third eye development, opening, expansion and dissolving fears as they rise to greet you. As a visionary stone, it brings forward experiences from the past or the future. It enhances the mental and intuitive abilities of clairvoyance, telepathy, prophecy, and assists in communication with higher guides and spirits in accessing Akashic records, psychic readings, and past-life recall.

In an emotional sense it calms the inner critic or negative qualities you may have on repeat, feelings that cause depression or shame. Labradorite's energy allows one to penetrate the veils of the Void, where all knowledge and possibility are held. It is the place of potential and the source of creation. Here we find the answers.

ON THE PHYSICAL

It supports the breath - the lungs and may assist with respiratory problems, bronchitis, and colds. It supports and assists in digestion, regulation, and metabolism. Radiates predominant blue crystal energy that stimulates the Throat Chakra.

HOW TO WORK WITH IT:

Wearing or carrying Labradorite allows your innate psychic powers to surface. Work with it at the throat and third eye.

GARNET

Purification, re-stabilizing, harmonizing, balancing

Chakra: Sacral and root

Origin: Mined, lapidated and created in India

Cleansing methods: All

Element: Fire and air



Garnets have been discovered among the artifacts of Ancient Egypt and Sumeria, one of the most ancient gemstones known to man, with a history that goes back more than 5000 years. It is said to have been one of the twelve stones in the Breastplate of the High Priest in ancient times, called a sacred stone by the Native American Indians, the South American Indians, the Aztecs, the African tribal elders, and the Mayans.

Garnet is one of my favorite balancing stones alongside Amazonite, it balances energy systems, bringing serenity or passion as appropriate. It is a sensual stone that balances the sex drive and stimulates kundalini energy if needed. It represents the primordial fire, the creation of the world out of chaos, purification and love.

It is a stone of intensity, which invokes intense feelings. Not only does it stimulate passion, fanning the flames within it also stimulates your desires and lifts your attitude, helping you utilize your creative energy by enhancing your internal fire.

Its energy is fast, especially at activating and expanding awareness, due to the electric energy contained within. It steps forward as a protector stone and a warrior's stone, which enhances and strengthens the aura, by cleansing and re-energizing the chakras.

It's energy likes to travel to and stimulate the Root/Base and Crown, providing the free flow of energy through the spine, allowing for the maximum and harmonious amount of light for that person to be carried through.


Its strong link to the spine and kundalini continues with its deep relationship with the pituitary gland, where it supports an even distribution of light through the light body and holds expansion there. Like labradorite it can stimulate expanded awareness and past-life recall. For those who struggle with themes of money and finance, it can prevent fears of insecurity and money losses.

It grounds spirit forces within the body at the root and helps in the ability to work lovingly on the physical plane. On the Physical-Garnet is thought to have medicinal abilities to reduce body toxins. At times stones were placed in wounds to help heal by encouraging the clotting of the blood. It purifies vital organs, blood and regenerates DNA, as well as assisting in assimilation of vitamins and minerals.

Shakti activation

CLEARING THE WAY AT THE SPINE

Crystal layout:

 Hands - Labradorite and garnet

Place the labradorite and garnet in front of you and first ask yourself which hand wants to hold the lab? Then pick it up with that hand.

Then place the garnet bracelet on the opposite wrist. Note down which side holds each, the left is your feminine side, the right is the masculine.



Hold the labradorite egg close to your sacral as we start to take some breaths.

As we relax we ask the crystals to work with us to restore, balance and harmonize our kundalini energy.

We breathe in the energies of the crystals first the labradorite.

Allowing its pearlescent glow to filter through us, into our body, breathing it in through the mouth, in through our hand, and each chakra in turn from crown to root.

Then we connect with the red fire of the garnet on our wrist as it glows, we receive this red energy into our hand, and we allow it to travel into our body, we begin to breathe its red fire in through the mouth, and each chakra in turn from crown to root.

We ask that the ancestors and guardians of these stones come forward now and show themselves to you.

They gather around you and hold you in light. Engage with them, welcome them, for they are your ancestors. Listen to any messages they may offer or any gifts they may give you.

We bring focus and awareness to the base of our spine where their energy gathers and pools together in light, mixing and swirling.

We see the energy form a perfect cosmic egg in the base of our spine, like the labradorite egg it forms and glows, This symbolizes so much.

Allow your full awareness to rest on this cosmic egg, as it glows bright and brighter,

It sits so happily and warm at the base of your spine, your tailbone.

The light it radiates moves through like water washing away any implants, and devices placed around your kundalini energy, all access points and portals are going to be washed clear. We move around the front, back, left and right sides to check through all layers.

Allow them a space to be seen and rise to the surface where they dissolve and burn away in the pure dazzling diamond ray,

We wash through the platinum ray to deeply purify and cleanse this space and you feel it wash like a waterfall through your crown, down from the heavens, down your spine, clearing a cool channel of light.

The cosmic egg at your tail bone begins to crack open, be with this opening, it may crack fully or partly, allowing it to be what it needs to be.

Be with the flow as it pours healing into your spine, a release, much light, much transmuting.

Witness it all as I witness it in you.

As this release gently comes to an end, we thank the energies around you supporting you, the stones, the earth, the elements, the ancestors and stellar guides.

The ancestors lead you now to the fire where they wish to sit with you, as you sit by the warm flames.

You hold your crystals to your heart now and ask them-

How do my ancestors know you?

Come slowly back to your breath, this moment and ground through your root, dropping a beautiful smoky quartz anchor from your root into the earth.

I would love for you to write some notes as to what your ancestors told you, offered to you, what the stones say.

HEALING CODE
FOCUSING ENERGY





JOURNAL PROMPTS

Choose one crystal or both to work with, connect with them as we have in our calls. Ask them these questions:

1. How do my/the ancestors know you?
2. How do you support the earth?
3. How do you wish to support me?
4. Where should my focus flow to support this?
5. Which galactic families or planets wish to work with me at this time?
6. How can I assist higher frequencies to flow into my body with ease and grace?
7. Are there any areas of my lifestyle I must work on in order to anchor these frequencies?

