

TANGERINE LEMURIAN QUARTZ

Cleansing, Self esteem, Deep heart healing



Chakra: Heart, solar plexus and sacral

Origin: Joaquin Felicio in Brazil is where this stone was mined, mostly found in Brazil and Madagascar.

Cleansing methods: All

Element: Air, water

I am the beating light of one, one heart, unified in love and presence. A conduit for transformation and radiance. A stone to turn to when you are on the cusp of something, of opening, of becoming, of expanding.

Tangerine Lemurian is a great stone with qualities that probably no other stone poses. Its color is due to deposits of iron that give it varying shades of a warm glow. The iron in it is enough to gently ground the senses and higher chakras as its inside the quartz that will keep the energies open and flowing.

The energy of Tangerine Lemurian Quartz is very aware it will flow as you need it, fast or slower. It attunes deeply to the rhythms of your body and amends its flow accordingly, a very intelligent being. It brings a perfect balance of unified masculine and feminine which it wishes to support you in achieving, through shakti/kundalini re-balancing.

It is a wise and humble healer which heals you on the physical, emotional, spiritual level. Its energy likes to first move to the emotional layer of your light body and personality. Wishing to soothe and support healing of shock and trauma that has rooted in your organs, cells and bones. It works to the higher chakras to calm the mind and soothe the shock in the nervous system, it is good for anyone who is in fight or flight mode, or is having trouble going deeper with their healing work, as it brings that calm space to the body.

It helps you disarm negative thoughts or ill feelings you carry for others, so you can let them go and focus on strengthening your inner self. It's a patient healer which makes it a great teacher of forgiveness and patience. It likes to bring a higher perspective to situations so you can understand more of how others feel. It brings a gentle fire to your systems, comfort, warmth, and vitality. And pushes you to experiment with new things and accept the changes easily- a lesson of going with the flow of the water it loves to show up as. It knows to help you move forward you must set yourself free from guilt, shame or any sense of anger. So it creates that held space for this release from the heart and sacral. Supporting creativity and inspiration, and removes any low self-esteem that you are suffering from.

On the physical - it supports proper blood circulation, makes the veins work better and eases the pain in the lower abdomen. Assists in quick recovery after illness, it is also a good treatment for disorders in the reproductive system and sexual dysfunctions.

HOW TO WORK WITH TANGERINE LEMURIAN QUARTZ

It is a bridge for the Third Eye, heart and Sacral.

It is important to support the third eye with grounding at this time, many of us are going through expansion at the crown and fear is being purged at a fast rate from the eyes, ears, throat and third eye.

Tangerine quartz shows itself as water, pure white water with an orange glow that wishes to flow through specific points in your body.

When holding it, visualize it sealing your emotional layer with pure clear water which has a soft orange glow, and allow it to flow into your body in all the spaces and places that need its love.

THE ORANGE RAY

- The orange ray helps us to learn and adapt.
- It supports joy, happiness and friendship, it is the color of physical pleasure.
- It is for those on a quest for knowledge and to support the mental layer.
- Orange is one of nature's power colors, it has the passion and strength of the red ray and it combines with the fire element of gold. Meaning orange has the power to integrate and unite.
- It brings people together, bringing the energy of community and togetherness.
- The orange ray is the 5th ray of headline, knowledge and truth, it is represented by Master Hilarion and Ganesh.



Crystal Layout with Tangerine Lemurian

CLEANSING AND ALIGNING THE THIRD EYE/HEART/SACRAL

Crystals layout:

 Third eye - Tangerine Lemurian Quartz

- *Find a spot to Lay back and make yourself comfortable.
- *Take some grounding breaths to soothe yourself and bring all of your energy back into your body, by calling it back.
- *Allow your body to relax and soften, as you scan it from top to bottom now, noticing any areas of tension.
- *Allow yourself to sink into the floor beneath you, allow the earth and soil to hold and support you, sink in.

Bring your awareness to the tangerine quartz on your third eye, it lights up in resonance, as if it heard you.

*Feel its weight on your third eye, and allow it to sink into your third eye, it sits itself in the center, and sends a warming ray radiating through your third eye, connecting up to your crown.

*It turns into a beautiful flow of pure water with a glistening orange tint. It washes through your third eye, calming, cleansing and raising the vibration.

*This flow of water washes down your spine into the back of your heart. Allow it to move through, making in its flow, its color, its light and how it makes you feel.

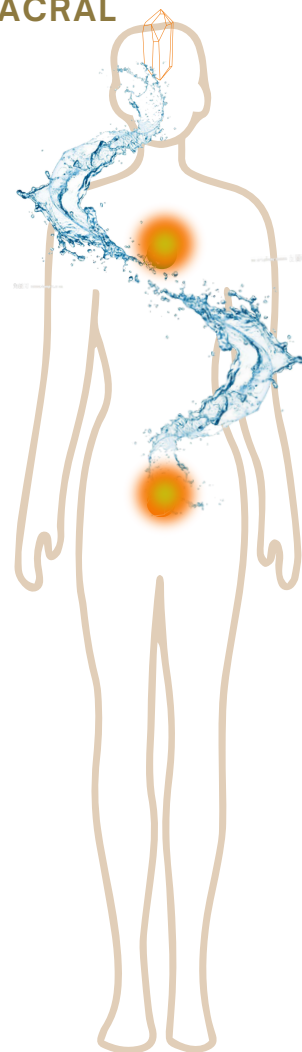
*it swirls around your heart, illuminating it further and moves down your spine to fill your sacral chakra. Your womb space.

*Be aware of it washing through all parts of your sacral, left, right, front and back, top and bottom. Here it bursts into golden light and sends sparks to all parts of your body that need its energy.

*You ask the crystals if it has finished its alignment for you? You will feel a yes or no, if it has not finished, asking it where it would like to flow to?

*When you are finished we thank the crystal and its guardians, we show love and gratitude for your body for receiving this flow and trusting to open, as flowers bloom all around your body in loving respect.

*You release this flow of water out of your body, out of your root as it flows into the ground, the earth beneath you.



HEALING CODE

DIRECTING ENERGY

