



Garnet

Origin - India

Chakras - Root and Sacral

This stone is powerful and earthy to bring focus to your womb healing and to re-balance all sexual energy, recharging and re-aligning your kundalini energy. It will help you harness your sexual fire and find enjoyment in the journey. A very empowering ally to place her on your womb with Carnelian to ground down that fire, integrating it through all lower chakras and energy systems, it will charge your womb with passion and love. Garnets have been discovered among the artifacts of Ancient Egypt and Sumeria, it is 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 12 stones on the breast plates of the high priests of ancient times, called a sacred stone by the native Indians, the South American tribes, African tribal elders and the Mayans.

Garnet is one of my favorite stones for balancing the energy body 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. 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.

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 and grounding, especially at activating and expanding awareness, due to the electric energy contained within. Its 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.

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.

For those who struggle with themes of money and finance, it can prevent fears of insecurity and money losses by grounding in security at the lower chakras.

Garnet honors Sekhmet, the Egyptian Goddess of War.

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.