

EMERALD

Emerald is a beautiful and powerful stone that has wonderful effects on the emotional and physical bodies. Emerald opens the heart, alleviates heaviness in the emotional field and infuses the aura with a pure nourishing Green Ray of Light. It stimulates the physical heart and clears the emotional body of patterns of victimization and rejection of personal power. It brings a freshness and vitality to the emotional and physical heart.

Emerald has traditionally been used as a stone of Love because of its ability to clear and strengthen the physical and emotional heart centers. Emerald stimulates the heart chakra. It helps us view all events, circumstances and people in our lives with compassion and acceptance. It is the stone that helps one to live and act from the heart level, offering unconditional love and compassion in one's daily life and relationships, opening one to receive love from others and clearing the channel for one's own connection with Divine Love. Emerald can help one stay centered in the heart's wisdom, so one is not misled by ideas that sound reasonable but are not truly 'paths with heart.' Emerald can help one remember to give love to oneself as well as others.

Emerald can also assist in inciting one to activity and to facilitate intensity and focus in one's actions. It can be used to eliminate negativity from one's life and to bring forth the positive actions required to assist one in remaining centered in the practicality of one's lifework.

On a physical level, Emerald brings life, nourishment, and healing to the physical body. It floods the physical body with the Green Ray's life-giving energy and gradually neutralizes the disharmonies that cause disease. By strengthening the body's weakest link, Emerald uplifts, strengthens, and vitalizes the body making it easier for one to open to higher states of consciousness. Emerald is a strong heart healer and can assist the physical heart in recovering from all manner of imbalances or diseases.

