

GARNET

Garnet helps one to change one's world by producing both expansiveness in awareness and manifestation. It enhances one's internal fire, bringing the creative powers to the stage of implementation. It invites personal magnetism and cooperation in instances of change.

Garnet is a “stone of health,” extracting negative energy from the chakras and transmitting the energy to the beneficial state.

Garnet has also been known as a ‘stone of commitment’—to purpose, to others, and to oneself. The loving powers of Garnet tend to reflect the attributes of devotion, bringing the love of others to expressions of warmth and understanding.

Due to its connection with the revitalizing energy of the Earth, on a physical level, Garnet helps support recuperation after injury, as well as the health of the ovaries and testes. It has been used in the treatment of heart disorders, to stimulate the inner cellular structure of the eyes, and to treat the liver and pancreas. It can strengthen the proper functioning of the body to the depths of the cells, and can help to promote action toward regeneration.

Garnet is a gemstone most commonly known to be red, but in fact it is found in a variety of colors. The various kinds of Garnet are keyed to different types and levels of manifestation, but all are good for grounding one's dreams and desires in the physical domain. All types of Garnet carry the energy of prosperity and the enjoyment of worldly pleasures. Each variety of Garnet carries this theme to a different level of experience.

