

AQUAMARINE

Aquamarine is known as a “stone of courage.”

It opens one’s awareness to the inner ocean of knowledge, wisdom, and creativity. It brings deep relaxation and liquidity to one’s mind and body while heightening one’s awareness of truth at every level of existence.

Aquamarine’s energy gently, yet firmly, brings one’s emotional patterns to the surface for processing. It helps one understand where one is holding on to emotions, communication patterns, or thoughts that are limiting one’s ability to ‘go with the flow.’ It can help one identify where ego is causing one to overreact, assume a victim or abuser role, act in a passive-aggressive manner, manipulate others, or martyr oneself.

Aquamarine is good for all types of calming and cooling, from hot flashes to anger. It helps balance excessive anger or fear and assists one in clearing patterns caused by past emotional, physical or verbal abuse.

Physically, Aquamarine is a cooling stone. It helps counter infection and is especially useful for laryngitis, strep throat or a sore throat. It supports the healing of inflammatory diseases of all types. It is soothing to eczema, hives, rosacea and psoriasis. Aquamarine quiets the nervous system. It can help one avoid outbreaks of herpes and it can help curb allergy symptoms.

