

PERIDOT

Since ancient times, Peridot was viewed as a symbol of the sun. These stones are little green nuggets of positive power. Their vibration brings an inner sense of warmth and well-being. It encourages you to express that joy to others.

Peridot is a powerful generator of the frequency of Increase. It can be used to manifest the increase of wealth, increase of health, and increase of joy and emotional well-being. This stone allows you to gently expand your ability to receive from the Universe, accepting your birthright of complete abundance on all levels of life.

Peridot also helps to regulate cycles in ones life including physical cycles, mental cycles, emotional cycles intellectual cycles and life cycles. It can be used to magnify the inner aspects of any situation or circumstance. Peridot furthers the understanding of those changes which are occurring in ones life and assists one in the recognition of the detrimental patterns which have been the basis for impairment in attaining that which is necessary for growth.

On a physical level, Peridot can be used to alleviate heaviness of heart and all manner of heart-related imbalances. It helps strengthen the blood and can be used to counter anemia and poor oxygenation. It is an excellent stone to use in recovery from tobacco or inhalant addiction. Peridot is also used to strengthen the eyesight in conditions of astigmatism and nearsightedness. It can be used to provide relief from, and to provide for the healing of ulcers of the stomach and duodenum. It has been used as a facilitator for the birthing process, stimulating contractions and facilitating the opening of the birth canal.

