



Saturn = Blue Sapphire

***“The (Blue) sapphire is bitter, warm and good in cold and biliousness, and alleviates the rage of Sani (Saturn) when worn.” – Mani Mala, Part II, 68. “The man who wears a (blue) sapphire of spotless chastity, finds favor with Narayana and acquires longevity, family dignity, fame understanding and wealth.” – Mani Mala, Part I, 419. “The lapis lazuli is tender, deliciously cool, and curative of biliousness and is auspicious.” – Mani Mala, Part II, 69.***

Blue sapphire is the gemstone recommended for strengthening Saturn. Blue sapphire should only be worn after a Vedic gemologist carefully examines your chart with a Vedic gemstone prescription due to Saturn's malefic influence on certain individuals' charts. However, it can be beneficial to career or work and can promote feelings of self-contentment or detachment. It also may at times counteract envy and give protection while traveling and free an individual from mental and emotional anxieties. Physically, it is said to strengthen bones and cleanse the blood, as Saturn rules the bones. Spiritually, blue sapphire can aid in meditation and increase psychic and clairvoyant abilities.

Many blue sapphires are heat-treated to enhance the intensity of color, as well as to rid the gem of inclusions. Many blue sapphires are sold as natural, but upon close, expert examination they are found to be heat-treated to improve their appearance, which seriously harms the gem's use for energetic and healing purposes. Sources for natural, unheated sapphires are Kashmir, a source of the finest and most expensive blue sapphires in the world, but they are extremely rare. Also, they are found in Sri Lanka and India. Other sources for blue sapphires are Burma, Thailand, Cambodia, U.S. (Montana), and Australia.

### Substitute Gems

Lapis, Amethyst, Malachite, Lapis Lazuli, (Some say Iolite and Indicolite substitute as well)

Saturn Planetary Mantra = Om Sam Sanaye Namaha (ohm shum shuneeyay nahmahhah)

Call for a consultation on a design for an astral talisman which can noticeably improve your energy and life. I provide natural, untreated gemstones suitable for gem prescriptions.