



### **The Saturn Mitigation Crystalline Grid**

Saturn is associated with limitations and boundaries, time and the past, structure and stability, responsibility and isolation. Saturn's restrictive nature can feel heavy, full of obstacles and worry, but it helps us mature, to strip away excess to return to simplicity, and make practical changes in our lives to succeed. Slow and stationing planets are powerful and those under its influence feel these changes personally. A retrograde station initiates a period of review, a direct station prepares us to move things forward as it moves forward. Events that have felt suspended, repeated, or that suddenly lost steam five months ago finally find a conclusion. Saturn's energy can feel heavy, depressive, and slow, we see a way forward now. Since Saturn rules the material world, things that have not yet materialized can show promise. Saturn is not all negative limitations. It reveals what we need to cut out of our lives, boundaries that need to be reinforced, and what resources to conserve. It rewards discipline, hard work, and responsibility.

**This grid has the intention to counter balance the astral influence of Saturn, like:**

- Saturn return, Saturn retrograde, and other transits of Saturn, when the planet interacts with an element in a person's birth chart
- Transits of other planets through Aquarius and Capricorn, traditionally ruled by Saturn, or the Tenth and Eleventh Houses, associated with Saturn
- A challenging placement of Saturn in a person's birth chart
- It also supports those looking to develop the positive qualities of Saturn like discipline, processing events from the past or past lives, and manifesting changes in the material world.

***We chose the following stones for the Saturn Mitigation Grid:***

#### **Center Solid Circle: Stomatolite**

Stomatolites are fossil algae colonies, which can help connect us to primal life, things of the past, and to access necessary perseverance and stability during time cycles or phases that are heavy, draining, and slowly transitioning, such as with the astrological complications of Saturn Returns or Saturn Retrograde. Stomatolite helps see the layers of things, as well as the corresponding boundaries. When we have that information, we can more readily direct our life course that unfolds over the "long term". Stomatolite can also be used as support for sleep, meditation, or to beneficially harness moments of heavy stillness that compel us to examine and correct life path misalignments. The eye shaped patterns and dark color normally associated with stromatolites also provides grounding, physical stability, and protection.

#### **Star: Starry Jasper**

Starry Jasper is a combination of red jasper, pyrite, and sometimes hematite. The combination is delicious and potent. Red jasper and hematite are Root Chakra stones while pyrite corresponds to the Solar Plexus and the Crown Chakra. They bring stimulation to all of these areas and help to bring proper flow between them. Starry jasper tends to be a stone that amplifies the energies of releasing "what no longer serves" with support from

spiritual levels, all which can be grounded into the physical level with Ease and Grace. Red jasper is connected to Root Chakra, which is traditionally ruled by Saturn and is also associated with Ganesha, the deity who removes obstacles, which Saturn issues often reveal. The pyrite in starry jasper is also associated with Saturn historically,

### **Triangle: Cat's Eye**

Cat's Eye is a term given to several minerals that display chatoyancy, a luminous band on their surface after being polished into a rounded shape. Cat's Eye is similar in feeling to Tiger's Eye, except that it has a silvery lunar twist to the powerful feline energies and associated goddesses. It assists in "seeing through darkness" and calls upon the courage and allies needed to navigate through unknown or scary terrain. Cat's eye is associated with good luck, abundance, and both increasing and protecting wealth. It is also associated with overcoming obstacles, guidance through difficulty, the Divine watching over you, the illumination of karmic patterns, and the support to sort through life events with clarity and wisdom. Cat's eye is used for spiritual protection, traditionally dispelling black magic, spirits, and bad luck. The eye also represents spiritual awareness, like the Third Eye. Work with Cat's Eye for wisdom, psychic development, and to enhance intuition.

### **Small Dot: Apatite**

Apatite is associated with structure, order, the processing of past emotions, thoughts, and past events. It has also been known to assist in intensive cleansing and purging of accumulated soul gook from past lifetimes that need to be addressed. It assists in seeing through both personal and interpersonal illusion.

### **Open Circles: Black Tourmaline**

Black Tourmaline helps with boundaries, limitations, and a positive connection to the material world. It is cleansing and purifying through the heaviness associated with harder life cycles, such as those associated with Saturn transits. Black Tourmaline is used to prevent negative energy/thought forms from entering into your space and to keep one fully grounded. This can be as serious as averting psychic attack, or as simple as shielding your space from the day to day negativity of other people while staying focused and 'not spacey'

### **Square: Amazonite**

Amazonite is a beautiful blue-green stone that gets its color from lead. This makes amazonite a particularly useful stone for those who have psychic or emotional sensitivities that need buffering, protection from intrusion, and fortification. It is one of the better stones for those who work in the spiritual arts or who are of service using their empathic or spiritual gifts. It is especially soothing to those with sensitivities because it creates a sacred space within oneself for personal core integrity.

### **Solid Circle: Shungite**

Shungite is a metallic silver to black mineraloid, a mineral that lacks a crystal structure. It consists mostly of carbon, enclosing tiny grains of silicate minerals evenly suspended in it, and trace amounts of hydrogen, nitrogen, oxygen, sulfur, and other elements. The name comes from the late 19th century and is derived from Shunga, Russia, the location where it was first discovered. Russia remains the primary source for it but the deposits there are vast. The algae colonies that produced the carbon for shungite are some of the earliest forms of life on earth. This makes it a good support for memory, past life work, and connecting to ancestors, spirit guides, and ancient civilizations. Shungite is also used for accessing pure, primal patterns, which would lend it well to any corrective, healing, or deeply transformational activity of any kind.

### **Grid Placement Recommendations**

I recommend you place this grid where you will have the greatest amount of "time on task" with it, such as under or next to a bed. Since this grid will need to run for a fairly long time, please make it a habit to re-activate it once a week or once a month, until it is no longer needed. You might find "poster putty" helpful to keep the stones in place for longer stretches of time.