



Hot Effing Mess Mitigation Grid

A Hot Effing Mess is when you feel like you're seriously close to losing it. Those times usually come in the midst of life stressors that throw you down and challenge your ability to cope. This grid is intended to help stop the spiral down of a system in spasms, restore stability, instill a sense of beneficial numbness and buffering during chaos, as well as to help re-attune you to a sense of balance and harmony within. It empowers you to use your tools to weather the storms of your personal dramas. This can also be integrated into prayer work or global advocacy as a way to help others deal with extreme situations.

38 Stones Included:

Center: 1 Lepidolite

Lepidolite is one of the best stones to help us through life's challenges. It contains Lithium and is often also found with Rubellite, which is Pink Tourmaline. It is a balm for transitions of all kinds and will assist to smooth the way when things feel overwhelming. Lepidolite assists one through various shifts and transitions in life and enables one to feel comforted and supported, even when things are rapidly changing. Lepidolite is the stone that I identify as being closely aligned with Kuan Yin, Goddess of Compassion.

Center: 1 Sacred Heart Quartz (On Lepidolite)

"Sacred Heart Quartz", is a very rare and very potent form of rose quartz from Madagascar that has hematoid inclusions. Sacred Heart Quartz represents deep care for life's battles through purification and transmutation. It is like a phone line requesting intercession from spiritual beings that deal specifically with trauma and crisis. It helps to bring the Crown, Root, and Heart into alignment, as well as rectifying the dual emotions of love and hate within the heart.

Star: 6 Hiddenite

Hiddenite is a green to greenish yellow form of spodumene, of which kunzite is also a member. Its green color activates and fine tunes the heart to a flow of higher heart/soul wisdom and creates a sacred space of peace within that helps one to be the love they wish to see in the world without attachment.

Triangle: 6 Amethyst Diamond Elestials

Amethyst is the stone of high spirituality, peace, and tranquility. It stimulates the Crown Chakra and helps to connect to ones Higher Self. It also has protective qualities and smooths the way to a gentle meditative state. It was once thought to discourage intoxication by drink and was carried around to ward off the evil eye. The double “diamond” and multi-terminated qualities of these special amethyst crystals from Madagascar assists in greatly directing the energies where they are most needed and enhances distance energy work or prayer work. The elestial qualities links this amethyst energy to the celestial, angelic, and Divine realms.

Open Circle: 6 Sodalite

Sodalite is a stone of respite, care, and “anti-drama”. It helps us to restore ourselves when we have pushed too far and traveled too hard. It brings a sense of quiet anchor to a beleaguered soul and moves this spirit into a balanced openness with its Higher Self. It is enriching and empowering to the psychic senses and calming and cooling to the system that has been stretched thin. It assists to calm intense reactions and emotions to situations and allows us to function in a more structured and intentional way. It helps us to do this without being sidetracked by the intensity and impact of an overly emotional perspective.

Dot: 6 Pink Tourmaline

Pink Tourmaline is a beautiful love and protection stone. As with all pink stones, it acts mainly upon the Heart Chakra for emotional healing, alignment, balance, and care. As with other tourmaline varieties, it is an excellent shield from the intrusion of negative or parasitic influences. I think of it rather like rose quartz and black tourmaline had a baby.

Solid Circle: 6 Polychrome Jasper

Polychrome Jasper is a new rock find from Madagascar. Its name means “jasper of many colors” and it often forms organic, flowing, multicolor designs, either in the shape of figures, shapes, or landscapes. It is intimately aligned with the raw, healing substances available in the natural world, which suggests that it can be used to spiritually empower and enhance healing mediums in general. Like all jaspers, Polychrome Jasper, is strengthening, protective, and supports stability, balance, grounding, and resilience.

Square: 6 Green Opal

Green opal is an emotional body/heart chakra worker that stabilizes and creates appropriate boundaries and buffering for those who are emotionally vulnerable, energetically sensitive, empathic, or have the type of energy field that so easily melds into others that it is difficult to discern where “self” ends and others begin. Many healers use these natural sensitivities to be of service to others, but may find it sometimes uncomfortable or even personally harmful to linger in the limitless collective energy field of the larger world. Additionally, this stone works at subconscious layers as part of how it does this work, which can be intentionally directed toward healing work that targets the subconscious, such as hypnosis, positive affirmations, and manifestation work.

Recommended Protocols

This grid can be used as background support in a passive way, or through active protocols. If you use it for passive support, it is recommended that you put it in a space where you have maximum time within the energy field, which is usually where you sleep. I would place it next to the bed on a night stand, or even under a bed, if you don't have pets that will disrupt the stones once you activate it.

Attuning: You can do an active “attuning” to the grid energies, while requesting “intercession” from your appropriate spiritual helpers that are in alignment with your belief system. There are significant purification, perceptual rectification, internal realignment, comfort through trauma, and strengthening themes with the energies. You can ask for these things to be provided to you in an active energy work session. You can either sit next to the grid and plug in, or place the grid and activate it under a chair, a

technique that I call "Sit and Spin".

Carry Around Piece: There were specific mentions of this grid being able to empower tools that physical things. The Sacred Heart Center stone can be carried on your person on days when you feel especially vulnerable to feeling like a Hot Effing Mess. Keep the rest of the grid activated when you take the Sacred Heart as a carry piece. Another option is to purchase a separate Sacred Heart piece as a dedicated carry around piece. A regular rose quartz may also work as a carry piece, but let it hang out with the Sacred Heart stone at the center of the activated grid to do the weaving necessary to become a good carry piece for the grid energies.

Gem Elixir: You can place glass of water in the center of the grid on top of the lepidolite and with the Sacred Heart Quartz in the water. Activate the grid and allow to run for at least 10 minutes, then drink the water, bathe with it, or put it in a spray bottle to spray yourself with it when you need extra help. You could create a mother elixir with it by placing it in a dropper bottle with ½ alcohol to preserve it. I recommend you use the energy statement of "Bless, Optimize, Stabilize, Amplify, and Seal" to complete the process.

Heart Breathing: This specific protocol was brought up in the reading. You can either sit next to the activated grid or use it like a Sit and Spin, while imagining the energies of the grid are like a rose flame. When you breathe in, imagine this rose flame going directly into your heart, purifying emotional negativity and congestion. You may also take the Sacred Heart Quartz and hold it over your Heart Center and imagine breathing in and out through the stone and into your emotional body. Again, imagery of Divine purification of your heart is very effective here.

Caveat: As always, go see appropriate health care providers when needed. It is important to note that sometimes we all need extra help. This grid is meant as energetic support for you to gracefully weather situations of extreme challenge. It is not meant as a replacement for traditional and appropriate real world care, when and if you need it. Be kind to yourself and see appropriate health or mental health providers when you need to ask for help.