



The Emotional Alchemy Crystalline Grid

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The energies of this grid help to breathe life back into someone who has been so emotionally stressed and agitated that they just don't know what to do, or what action to take. It does it by removing energy blockages, personal distortions, or inner/outer obstacles that exist because of a distorted perspective. This grid is a "serious working grid" for those who are ready to do their emotional work. It's not comfortable or necessarily fun, but it is significant assistance for those who need to just push through the emotional overwhelm that prevents them from moving forward on their proper path. It will bring things to the surface that need to be cleared, released, and transmuted.

#### **The Stones Included:**

##### **Indigo Gabbro**

##### **Placement: Center Stone**

Like all rocks generated by magma, "indigo gabbro" is associated with purification, empowerment, and fire, traditionally related to the third chakra. It belongs to the category of igneous rocks known as plutonic, from Pluto, the Roman god of the underworld. They form deep beneath the Earth's crust, revealed later by the shifting continental plates. These energy signatures suggest "indigo gabbro" could help transmute things that arise energetically, emotionally, or psychologically within our own consciousness and subtle body. Because of its black, purplish blue, and green coloring, it is associated with the core of the chakra system: black for the Root Chakra, green for the Heart Chakra, and purple for the Crown Chakra.

##### **Himalayan Salt**

##### **Placement: Triangle**

Himalayan Salt provides for extreme cleansing of any other energy. It also seems to help reset a system that has been brought greatly out of alignment from its primary template. It brings grounding, stabilization, balance, and alignment to the system by holding the vibrational patterns of purity at the physical level.

##### **Girasol Quartz**

##### **Placement: Star**

Girasol is a clear, milky white, or extremely pale pink variety of quartz. The name comes from the Italian girasole, "turn towards the Sun". Its solar name, electric qualities as a form of quartz, and optical effect reveal that girasol can help the subtle body readjust after phenomena like solar flares. Girasol quartz is also connected to the element of water and the brightness of inner illumination. It provides a vehicle for moving into the mists of other realms and to strengthen our contact with the Beings of these realms for mutual help and understanding. It is a stone of innocence and faith, magic and fairies. It represents the crystal clear waters of our spirits, cleansed of the murkiness that has accumulated by lifetimes of human experiences.

##### **Rose Quartz**

##### **Placement: Open Circle**

Rose Quartz has long been considered a stone that illuminates the heart, soothes a restless spirit, and nurtures the soul. It is said to help us embrace love in all its many forms, such as maternal, brotherly or humanitarian, as well as passionate. It is connected directly with the heart and emotional body and assists in gentle shifts toward more loving states, such as forgiveness, nurturing, comfort, and bonding. It is often associated with nurturing

and compassionate aspects of the Divine Feminine, and specifically with Mother Mary.

### **Abalone Shell**

#### **Placement: Dot**

Abalone Shell is a sacred object from Mother Ocean. It is used in ceremonial rituals of smudging and cleansing space. The ocean is considered the place of great bounty and many ancient peoples depended upon it for almost all of the resources that sustained their lives. The ocean was the giver of life and the blood of the Earth Mother.

### **Ocean Jasper**

#### **Placement: Solid Circle**

Ocean Jasper is a special kind of stone that is collected from the shallow tides of the ocean on the shores of Madagascar. The bubbles and orbs within it remind one of the frothy bubbles of the waves and the watery home where it was created. Many people associate Ocean Jasper with a lifting of the emotions, with happiness, and with joy. Ocean Jasper connects us in primal ways to the ocean, the element of water, and to our own emotional and creative being.

### **Ammonite**

#### **Placement: Square**

Energy follows the structure of a material. Both ammonite and nautilus shells resemble the subtle body, with their chambers and connective tube. The chakra system has three main currents: one along the spine and two that wrap around it. The major and minor chakras are located where they intersect. This suggests running energy through a fossil shell could help regulate the subtle body, balancing and aligning the chakra system.

The shape of the nautilus, with the siphuncle in the middle of its shell, resembles the central channel that runs directly along the spine. While an ammonite resembles the side channels, which wrap around it, since the tube runs on the side. These energy signatures suggest they could restore flow together either to the chakra system or the meridians of Chinese medicine. They could also be used to regulate kundalini, which rises up the central channel, after the energy of the side channels combines together. For example, meditating with them at the Root Chakra, where it originates, near a blockage, or along one of the side channels, if kundalini has painfully arisen there incorrectly.

### **Emerald**

#### **Placement: Outer Edge Between Ocean Jasper and Ammonites**

Emerald's deep green color has been associated with abundance, royalty, and Divine Love. It is also a stone that is sacred to Venus for its connection with fertility, beauty, and love. They tend to grow as small stones, but for their small size, they have an extraordinary energy. It is regal and dignified and personifies the luxury and opulence of the Earth. It embodies the energies that connect us to Heart Wisdom and to all else in the Web of Life. The legendary figure Hermes Trismegistus, who combines traits of the Greek God Mercury and the Egyptian god Thoth, is also associated with emeralds through the "Emerald Tablet" associated with him. It was often used to "cure" Mercury type afflictions.

### **Recommended Grid Placement**

It can be placed under a chair during meditation, journal writing, energy work, or for a good solid, cleansing cry. It is especially good for any healing specific professional space. It doesn't have to be under a chair for it to be effective. You can place it anywhere in the room, if you are unable to place it under a chair. I would not recommend it as a sleeping grid for under the bed, unless you wish to direct your dreams to emotional healing themes as well. If you do this, be sure to give yourself a break from it as well for rest and rejuvenation.