



The Sun Grid

The sun represents the Divine Masculine, devotion, creativity, perceptual shifts, the conscious self, spiritual enlightenment, abundance, well being, longevity, and the bestower of life. The sun is the ruler of astrological sign of Leo and the 5th House. This grid brings the energy sunshine into whatever space in which it is activated. It is a highly spiritual grid and could be used as a tool to connect in with spiritual helpers and the Divine. It can be used to empower vitality, potency, confidence, authority, and self-mastery.

Stones Included:

Center: 1 Citrine

Citrine is a warming, solar stone that radiates positive energies and brings feelings of happiness and generosity. It is an anchor for golden ray energies, which are extremely high vibrational. Natural citrine is rare and often forms with smoky quartz. Most of the "citrine" on the market is really heat treated amethyst. Natural citrine is a light golden color, while heat treated citrine often is closer to orange.

Inner Lotus: 6 Amethyst Scepter

Amethyst is the stone of high spirituality, peace, and tranquility. It stimulates the Crown Chakra and helps to connect to one's 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. Sceptered quartz conveys divine authority, power, and royalty.

Star: 6 Rutilated Quartz

Rutilated Quartz has golden to reddish threads of Rutile imbedded within it. It is a special quartz energy as the Rutile increases the potency of energy moving through the quartz. It is stimulating to the Belly and Solar Plexus and can be used to amp up energy in the whole system by placing it right over the belly button. Traditionally, it was sacred to Venus, which means that it enhances all one-on-one relationships, such as connecting and harmonizing the energy between two people, not just lovers.

Triangle: 6 Yellow Quartz Points

Quartz amplifies energies, thoughts, and intentions. It strengthens and clarifies the auric field and can be used to direct energy like a laser beam, if used with intention. When used in crystalline grids, a set of points expands the energy field of a grid, or serves as a medium through which healing energy is directed to distant subjects.

Dot: 6 Golden Quartz

Golden quartz is a relatively new stone find out of India. It is a variety of quartz colored golden by iron oxide inclusions. Quartz tends to amplify the minerals that are included within it. The golden quality would be associated with solar energies, which imbue the stone with vitality, abundance, warmth, happiness, and well-being. Yellow iron inclusions harness the grounding quality of iron for manifestation and bringing things to fruition. It also is useful in anchoring Divine Golden, spiritual, or healing energy into the physical level.

Open Circle: 6 Sunstone

Sunstone is like squeaky soap that has warm scrubbing bubbles. It leaves you feeling invigorated, refreshed and totally clean. It has strong solar energies and assists to burn off whatever is clinging to your energy field that doesn't belong.

Square: 6 Pyrite

Pyrite's energy is radiant and magnificent and supports us to 'shine'. It holds the energies of the Golden Sun within it and is purifying to the system as well as supporting grounded abundance and prosperity. Pyrite helps us to think more clearly, raises our vibrations, and is also protective of the energy field.

Solid Circle: 6 Golden Opal

All opal is associated with the element of water, and therefore, emotional healing. Yellow opal, because of its additional connection with the solar plexus due to its color, can assist to correct imbalances between the mental and emotional body. It has been useful in mitigating the negative effects of solar flare activity that often creates a disconnect between mental and emotional processing.

Outer Flanking: 12 Ruby

Ruby, traditionally ruled by the sun, have the qualities of inner illumination, nobility, vitality, and protection. They can assist to balance and align the energy system, which further enhances health and vigor. Rubies tend to activate both the Root and Crown Chakras, allowing it to modulate higher energies into a usable format. For this reason, rubies are often used in crystalline grids of widely varying themes because they make excellent "technical assistants" to any type of energy work.

Recommended Protocol:

This is a wonderful grid to set up when you feel you need more sunshine, such as during the winter or through a run of cloudy weather. It can be left up and running as a warming and spiritualizing presence in the home, as well as serving as healing support for anyone who needs extra vitality. It would be nice to set up under a chair as a "sit and spin" to attune yourself to the energies. It would also be wonderful to set up for any ceremony that honors the sun in some way.