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Crystal Alignments: Amazonite

By Jennifer Salness

Ahhh Spring! Here in the northern region of the United States we are finally experiencing the start of Spring after a long cold winter. Spring always brings out the best in people, a lighter mood, more smiles. This time of year is always incentive for spring cleaning and clearing, to clear out the cobwebs of your physical space, as well as your mind, body, and spirit.

Amazonite is the perfect stone to assist with spring cleaning of the mind and spirit. It's a beautiful light green to blue-green color and comes from many locations around the world. This stone feels like a fresh, clean energy, asking us to see things in a new way. It helps us wipe clean anything that does not resonate with our heart's desires, but with simplicity and refinement. Because it works with both the heart chakra and throat chakra, it works with energizing and harmonizing the flow of energy between both the heart and throat. If you are creating new beginnings in any area of your life, the ability to communicate clearly with yourself or others with the wisdom of the heart creates a clear path for a positive outcome.



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I always feel like I want to just soak in the color of Amazonite into my body, its soft loveliness is inviting and sweet. This feeling is all about a sweet feminine energy and balancing our own Divine Feminine within, whether we are male or female. As we go through life on a spiritual path we discover one of the keys to wholeness is balancing our feminine and masculine, where they work in harmony and balance each other out, as we need both to be whole.

Amazonite also asks that we open our hearts to

the beauty and peace of life. It reminds us that when we come from our heart space, anything is possible and abundance is our birthright. This stone also helps with any emotional trauma or transition, soothing all the chakra's and physical and subtle energy bodies. I have found that sitting with it in meditation is a wonderful way to connect to the heart aspect of Amazonite.

There are many gifts of Amazonite. Feel them in your heart and see where it leads you!

A note about crystals and stones: they do not "heal" us. They do remind us of who we are, however, which is always perfect and divine, but we sometimes forget this fact. The law of resonance applies when working with the mineral kingdom, which is 'like attracts like'. When we bring our bodies and energies into contact with a crystal or stone, we will resonate or vibrate at the same level. This resonance teaches us to embody the gift or "personality" of the crystal. And the usual disclaimer: always consult a medical doctor or mental health practitioner when in need.

About the Crystal Intuitive

Jennifer Salness is a crystal intuitive, gemstone dealer, Reiki Master Teacher, and author. She has studied crystals and stones, as well as other vibrational and healing modalities, for over 12 years. Her joy is connecting people with crystals and tools to support their spiritual path and to raise consciousness to the new field. She is owner of Crystalline Light, an online shop and business offering gifts, energy healing, readings, and classes in the Minneapolis-St Paul area as well as by distance. Jennifer is also creator of *Whispers of Spirit*, a Minneapolis-St Paul based publication and annual Expo. You can contact her through www.crystallinelight.com.

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