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Crystal Alignments: Red Garnet

The spirit of Red Garnet's message is clear and direct:

"I am the Flow.

I am the Life.

I am the Juice for all creation.

My opening allows the spiral of Mother Earth to enter the body with stability. Mother Earth and I partner to bring in a clear flow of direction to support the deep rich life when there is none present. It is consistently abundant and renewing. We partner with you to expand the root chakra, where much of the energetic structures of lack and weakness are held and cause depletion. We can assist in strengthening the juice to move into your body more fully. The manner in which we thrive in our richness is our gift to you."

Red Garnet is a powerful stone for grounding, staying focused in our present reality, and rejuvenation. Garnet's deep red color reminds us to open our root chakra, to connect to Mother Earth.

It encourages a stimulation of the energetic body, which then circulates to our physical body, as opposed to a stone such as hematite which will immediately ground your physical body.

It allows for moving energy and bringing in more energy when feeling depleted or weak. Consider using it on any area of your body that needs some energy moved. It can work with our blood flow (especially female cycles) and purification. It reminds us to stay focused in our present reality and in our bodies. Our life force energy is renewed by Red Garnet. It can also be used for welcoming in prosperity, as well as opening to passion and attracting a mate.

The root chakra is a common chakra that is weak or closed down in these turbulent times, as we worry about financial worlds, housing markets, monthly bills, and other challenges of survival and community. The root chakra is our life force energy, the connection to the earth we need to stay



grounded and present in our bodies.

Mother Earth is always supportive and alive with energy. Most people know to connect energetically down into the earth, but her gifts are needed WITHIN our bodies too. Visualize her energy flowing up into your root chakra, to a level that is comfortable for you, coming up into your body wherever needed. It is a powerful “juice” that will support you on many levels. It is so important right now to stay connected in our root chakra so that our life force energy can bring us to a higher state than we have experienced before. The energy of the Red Garnet allows us to open and flow with ease.

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Red Garnet is a popular semi-precious gemstone in jewelry, known for its deep rich red that shimmers when faceted. The garnet family comes in other colors, including green, black, yellow, and more. Historically Garnet is mentioned in the Bible, in Vedic astrology was used to ward off evil, and was used by Native American’s as protection and to bring abundance.

You can utilize red garnet in daily life by carrying it in your pocket or wear it as jewelry. I once had a friend that consistently carried a small garnet in her pocket to keep her focused and grounded, especially while she was driving because she was so easily distracted by conversation or just her own thoughts. Eventually she started losing the stone, would buy another one, and then felt “safe” with it again.

After about the 4th new purchase of a garnet I asked her if she had considered that she didn’t need the garnet any longer, that she was more present than she previously was in the past. She just looked at me with a shocked face, stating, “I am so totally here that I didn’t even know it!” You can think about this story as you ponder how present you are in your life.

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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