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## Crystal Alignments: Blue Kyanite

**The gifts of Blue Kyanite always amaze me, and it is one stone that I tend to keep close at hand most of the time. As we go through waves of changes in our lives or if we are affected by negative influences, it is a perfect stone to help us stay clear and to maintain positive boundaries. Its blue rays speak to us about truth, clarity, and connection.**



Kyanite is a light blue (or blue-gray) stone that is found in elongated “blade” formations, usually contains mica and has a high lithium content, and can be found in natural and polished varieties. (It also comes in green and black, but they are different than the blue discussed here.) It is one of a few rare stones that never need cleansing, as it clears itself due to the lithium. It comes from locations around the world, including Brazil, Nepal, and Africa.

Kyanite teaches us about truth by working with our throat chakra. It encourages us to speak our truth from our heart, without judgement or criticism. Our own truth is a deeply personal thing, something that should only be shared when it is beneficial to all people. My personal truth about a situation may not be the same as what someone else feels to be true. Kyanite teaches us how to discern this communication with strong boundaries of light and protection. It creates a column of light around us that discharges any negative electrical charges that could build up in your energy field if someone’s truth does not feel good to you.

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I recently had an experience with a friend who shared negative emotions and opinions in a disrespectful manner during a conversation. It was unpleasant and ended abruptly after I seemingly did not hear her “truth” about a situation. Afterwards I was drawn to a piece of a darker blue Nepalese Kyanite, which I used to clear my energy and carried it with me for a few days. I immediately felt much more balanced and calm, and while I was upset about what happened, I didn’t go into the drama of it because I was clear about what MY truth was in the situation. As we

raise our vibration and realize that we may not resonate the same with friends or family, we can connect with Kyanite to maintain positive boundaries.



One of the main gifts of Kyanite is to help clear one's aura and chakra's. If you are feeling off balance or in need of some clarity, a sweep of your body with Kyanite will clear your aura of any negativity or energies that are not in your highest good. It can also be used to balance and align all your chakra's by running it down the front of your body (or a client's body if you are a healer or bodyworker), which will line them all

up with ease. It is connected to Archangel Michael's sword and can be used to cut away what is no longer needed, as well as etherically cutting away cords or attachments. Kyanite is also a stone for channeling, psychic awareness, and meditation. Its clarity supports making a connection of light.

The spirit guardians of Kyanite leave us with this message: "Seeking connections with Kyanite is a gift that will carry you through life with the strength of light frequencies and awareness of clarity."

*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](http://www.crystallinelight.com).

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