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## Crystal Alignments: Selenite

**Have you been feeling a little overwhelmed by emotions or energy shifts? Selenite is here to support! Selenite is a stone that sometimes is underrated, in my opinion, not only for its beauty but for its energetic possibilities. It seems to be one stone that people either really love or just don't "get." I have a friend that says she has never been drawn to Selenite and doesn't even like looking at it, yet I could surround myself in a whole room of its watery love and light.**



Selenite comes in many forms, but what we are discussing here today is the white translucent "satin spar" variety, most commonly found on the market. It can come from a variety of locations, including Utah (USA), Morocco, and Mexico. The largest Selenite cave was recently discovered in Mexico, where Selenite "wands" of up to 36 feet are enclosed (you can google it to see and feel the spectacular photo's), and is known as the "**Cave of Swords**." You can find Selenite in natural and polished forms. It is also a self-clearing stone, meaning you do not have to clear its energies, and it can also clear other stones by placing them on top of or around the Selenite. Please note that Selenite is fragile and will also disintegrate if placed in water.

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Selenite has unlimited potential to bring in a lot of light to our bodies and surroundings. It can be a wonderful stone for recharging and rejuvenating through its qualities of clarity and light. Disconnecting negativity or unhealthy influences is a gift of this white stone. A gentle offering of Selenite is that it can create a column of light within ourselves that feels very supportive and strengthening. Selenite is a great stone to work with for aligning the spinal column and body (try it during yoga!).



Does your mind tend to chatter with the drama's of your emotions? Selenite can be a connection to our emotions in a healthy, life-filled way, rather than through stress. If used intentionally to clear out unbalanced emotions, we can find new emotions that are more centered. Soothing and calming with the strength of light is sometimes just what we need when life is stressful.

Similar to Blue Kyanite (as discussed in **August's column**), one of the gifts of Selenite is to clear and cut energetic cords that are not for our highest good. As we move through life we unconsciously create cords to our family and friends (or others we may just pass on the street), and if stresses or challenges arise with this person they can become unhealthy. Unhealthy cords can be draining, bring up emotions that are not ours, or even cause us to energetically blend with the other person. Using a Selenite wand with the intent of cutting any cords – even by swiping it in front of yourself in the manner of a sword - will bring in its energies of pure divine light.

Connect with Selenite in your own way and feel its messages to 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](http://www.crystallinelight.com).

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