



DIVINE ALIGNMENT WITH

gemstones

WHEN I WAS A LITTLE GIRL, I HAD THE GREAT FORTUNE

of living in different states as well as overseas while growing up. My love of nature started early in Hawaii, when I would collect seashells on Waikiki and string leis from flowers in my backyard. But it was in Denver, CO where my lifelong attraction to beautiful stones truly began. We lived in a new community surrounded by fields. A little creek in one of these fields held a bounty of treasures, including agates, and some of the best petrified wood I have ever collected. From that day forward, the rock hunt was on!

As I grew older, I gradually let go of many things, but never my rock collection. My beautiful childhood rocks now line our garden in the backyard. The plant and mineral worlds love to hang out together looking beautiful for us.

Divine alignment cascade

Our relationship to gems and crystals is more synergistic than you might think. We are actually made of the same universal elements. In a cosmic wink, celestial elements came to Earth from the explosion of stars. So, literally, we are all made of stardust! Earth, animals and humans are connected by this element, which creates a union for divine alignment.

Our world is part of a complex yet simple energy matrix, an interconnected web of all forms of life. You are able to

connect to this universal ethernet through your subtle energy body or chakra system. Stress, anxiety and mental chatter run interference from you, receiving conscious information. However, when you are clear of these things, you are able to intuit information to guide you along your path. I like to use the analogy of a television ... without a cable connection you only have static. Once you connect the cable you have access to many channels.

Intuitive thought creates a sensation in your body, a feeling like an 'Aha!' moment. In an instant, this thought triggers the sensory nervous system, sometimes sending a chill through your body, activating a call to pay attention. It also resonates with your heart—your center of feeling—to validate the message you have received. This resonance creates a sense of excitement at the prospect of a new possibility or solution to a problem. Your mind starts generating ideas to bring this to fruition. It is up to you to follow through and take action.

Why crystals?

Crystals are highly organized structures that store, amplify, focus, transmit and transform energy. They capture the waves of cosmic energy and split this energy into specific frequencies that are reflected in their color and composition. We resonate with their crystalline structure, and are drawn to the stones that will supplement our subtle body of energy. This is why crystals are so useful in treatments, meditation and healing.

BY LINDA BERTAUT



Gems around the world

Ancient texts reveal practices that are still in use today. In Sumerian, Greek, Roman and Indian cultures, gemstone healing was combined with the knowledge of astronomy, astrology, the five elements, herbs and gemstones. Some gems were crushed into a fine powder, burnt to ash or made into a paste before being consumed as a form of energy medicine. The practice of Ayurveda still incorporates these connections into treatments for clients.

Carnelian was a talisman of good luck for the ancient Babylonians and Greeks. It was widely used in ancient Rome to make signet or seal rings for imprinting a seal on letters or important documents (hot wax does not stick to carnelian). Roman men wore rings of carnelian to instill strength, courage, honor and success. The emperor Napoleon jealously guarded a carnelian seal, which he found in an Egyptian campaign and often wore as a watch charm. The most important carnelian deposits are found in Brazil, Uruguay, India and Madagascar. Carnelian's colors of red and orange stimulate the first and second chakras providing passion, creativity and the vigor to pursue desires. A carnelian from Madagascar is pictured above.



for meditation, dreaming and past life work, and it can help you see your path. The name amethyst comes from the Greek word *amethystos*, meaning "not drunken." It was believed that goblets made of amethyst prevented intoxication. The color purple or violet is associated with royalty and the crown or seventh chakra, your connection to the divine. Members of the royal family felt it was their God given right to rule, and only members of the royal family were allowed to wear the color purple. Pictured above is an amethyst from Brazil.



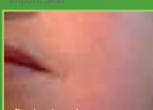
Tourmaline's name is derived from Sri Lanka's Sinhalese word "toramalli," which means "mixed stones." In Sri Lanka folklore, it was believed that tourmaline was found in all colors because it traveled along the rainbow, gathering all of the rainbow's colors. In China, tourmaline first appeared during the Tang Dynasty in 644 CE, when royal seals were carved out of tourmaline. In the early 20th century, the Empress Dowager purchased several tons of colored tourmaline from the Tourmaline Queen Mine in San Diego County, CA. Black tourmaline, associated with the root or base chakra, is



continues

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excellent for grounding. It provides psychic self-defense and protection against bad vibes. Therefore it is an ideal stone for anyone working in the beauty industry. Black tourmaline from China is pictured on the previous page.

Turquoise has been revered in past civilizations around the world. In the Americas, turquoise was a sacred stone having mystical powers, bringing happiness, good health and fortune to the person wearing it. It was used in masks for ceremonies, and as an important trading commodity and friendship exchange between the different Native American societies. The Turquoise Trail of Cerrillos Hills in New Mexico was an important source of gold, silver, lead and turquoise for many years. It is now a state park preserving their mining history.



At the spa, you can make gemstone elixirs using the whole stone without destroying it. See the recipe below.

Making your gem elixir

Gather an assortment of crystals and polished stones. Sit for a few moments to connect with the colors and attributes of the stones. Select the ones that call out to you. Wash them thoroughly with dish soap and warm water. Place your gem selection into a clean bowl and fill it with enough water to cover the stones. Let it sit for one hour. You may place the bowl in the light of the sun for vitality or the light of the moon for introspection. Serve the infused water with mint sprigs and fruit slices for your clients to enjoy.



In closing

Gemstones contribute their wisdom when we are ready to receive it. They come out of the Earth to travel with us. Your ideal gemstones will find you. Align yourself with their energy, and you will have an ally for healing and bringing your vision to fruition. ■

Author, esthetician, Reiki master teacher, and award-winning inner & outer beauty expert, **Linda Bertaut** specializes in bringing inner beauty to the surface, and inspiring others to do the same. She founded Bertaut Beauty and Chakralicious to help professionals add wellness therapies to their menu of services. Join Bertaut at her blog



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