

## Topaz Spirits

Nov 24 2009



### The Season of Giving

With Thanksgiving happening this week, the hubbub of the holidays is accelerating, so I wanted to get this Newsletter out to you a little early, first to wish you a wonderful Thanksgiving and second to share a few things ...

As many of you know, the Topaz Spirits eBay auctions have been discontinued and Topaz Spirits is open only on the web. I update once a week and depending on when I get everything ready, it can be pretty much any day, but generally Wednesday or Thursday. If you'd like a notification when the website has newbies, send me an email and you'll get a quick one when everything goes up. I have to say that it's a lot more fun like this ... and hopefully you're enjoying it too. Plus if there's something you missed, please email me and ask – I may have others similar and can send pix.

I had intended to talk about starbraries this newsletter, but will wait until the next one, deferring instead to the season. Since this is the time of the season of giving, love, sharing, compassion, etc. I thought I'd talk a bit about crystals to use to open (and heal) the heart for various purposes. The heart is the center of emotion and the gateway from physical expression into the etheric Chakras. Blockages in any Chakra can lead to physical disease, but the heart in particular, has the ability to close down others ... like the link to the Core Self (Base Chakra), creativity (Sacral Chakra), communication (Throat Chakra), etc. An open heart is literally the "heart" of Spiritual enlightenment on all levels.

[Topaz Spirits Website](#)

### Rose Quartz

Common and yet incredibly beautiful, rose quartz is the Queen of the Heart. Long known for her soft and gentle energies, she stirs a love of Self. Now, this is not a love that is egotistical or self-centered, but rather "loving the skin you're in" ... being content with who are, no matter what. It is only through loving and accepting your own Self that you begin to open your heart to others, accepting them for who they are. You begin to see the beauty in every face and the joy in their unique expression. Rose quartz is the beginning of healing the heart!

[Rose Quartz](#)



### Emerald

Emerald is in the beryl family and has a very unique green color that epitomizes the Green Ray. She is one of the true heart openers, creating room for generosity, expanse of Spirit and revitalization. Like the song, "The Rose", the lyrics stress over and over that a closed heart never truly lives and never truly experiences the total joy our physical expression is capable of. Emeralds make wonderful pendants or medicine pouch crystals so that you are continuously reminded to celebrate an open heart!

[Emerald](#)

### Kullu Rosie Quartz

This is a special type of pink quartz that derives its color from hematite (as opposed to titanium in rose quartz) and since their discovery several years ago, have assisted with many a heart opening. They come from Kullu Pass in northern India, gateway to the Himalayans and have a very unique physical expression as a result of their molding by Mother Earth. Their energies are clearly angelic and bring in those vibrations to instill heart healing. I found that these bring up missed love – love lost due to death, a broken relationship or people just moving on. All of these leave a hole in the heart and have an effect on its well-being. The Kullu Rosie helps you to remember the beauty of that love in celebration and peace and no matter the outcome, you rebuild and allow your heart to heal. In particular, I found peace with my beloved



father's death 23 years ago ...

[Kullu Rosie Quartz](#)



### Green Lemurian Quartz

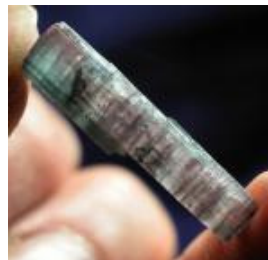
These are wonderful new quartz with actinolite inclusions and like most actinolite crystals, are very clearing. These in particular are wonderful for recalling the Lemurian times when heart-centered feelings created a land known worldwide for its love, compassion, peace and generosity. Her energies remind us that the gift of Love is the dearest of all and to center your being on such a foundation is a profound strength and a connection to all that was (and is) Lemurian. It is a powerful connection in this time

when the world appears to be in such chaos and no one can speak to another without confrontation and anger.

[Green Lemurian Quartz](#)

### Tourmaline

Tourmaline comes in an assortment of colors and each has a strong heart connection. Black tourmaline (aka schorl) instills protection, clearing and warding off negative energies. Blue tourmaline brings the opening of the heart to communication. Green tourmaline helps to overcome old concepts and ingrained ideas so that you can begin things anew. Clear tourmaline does precisely that – it opens your heart to clarity and truth. Watermelon tourmaline blends the heart-centered pink and green rays in kind of a yin-yang sort of way, instilling balance so that you aren't always wearing your heart of your sleeve. Pink tourmaline is kindness, love and compassion all rolled into one ... the total picture, so to speak.



[Tourmaline](#)



### Kunzite

Kunzite is wonderful for clarity. How many times are we asked something or given a choice and we provide the answer that we think the other wants to hear? Kunzite helps to allow each of us to speak what is in our heart – in other words, be honest with our Self. Remember that it is far, far better to speak what needs to be spoken as opposed to what people want to be spoken. This is totally liberating!

[Kunzite](#)

### Ruby

Ruby is often thought of as a Base Chakra stone due to its red color, but in fact, it is like quartz and one of the utilitarian stones you should have in your working group. Ruby is indeed red, but with pink overtones. Ruby puts the passion into everything you do ... if you act from the heart without passion, you are doomed to failure. Passion is the missing ingredient and will accelerate your heart opening tremendously.

[Ruby](#)



### Rutile Quartz


In the Ayurvedic systems, gold was the color for the heart, hence the association with "heart of gold". Rutile quartz recalls these Golden Rays with its electric and star-burst like energies. Wonderful for displacing negativity (including fear, anxiety and hesitation), you'll find that working with rutile quartz initiates courage and valor. This is an essential component of heart healing as you have to move all the old junk out before you can "redecorate".

[Rutile Quartz](#)



### Beryl (Aquamarine, Heliodor, Morganite and Goshenite)

We already talked about emerald, but all beryl minerals, like tourmaline, have heart attributes. Goshenite allows for you to see the truth in all things ... critical when sorting out the feelings in the heart. Aquamarine is also angelic and a stone of balance, another essential part of heart



work. Without balance, you open too little or too much and leave the heart vulnerable. Morganite is also about balance, but more in the sense of trusting what you feel. Heliodor is helps you to see things in a different manner ... teaching the heart about perspective. As you can see, each is a facet of heart healing!

[Beryl \(Aquamarine, Heliodor, Morganite and Goshenite\)](#)

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### **The Heart of the Matter**

Some of these crystals, you may have and others, you may seek ... and the list is not inclusive as many, many crystals have energies that effect the heart in some manner. Not all are included in this week's listings, but they will be through the coming weeks ... or you can make a special request. :o)

You can use these crystals one at a time, in grids (like a pink grid or a green grid or mixed) or on love altars. Whatever you do, *allow* your heart to be your guide!

Please email me if you liked this idea and want me to expand on it in future newsletters – like more heart stones, heart grids, heart meditations, etc. One of my favorite authors, Antoine de St. Exupery, wrote "Le Petit Prince" in the mid-1940s. It has since been translated into many languages and reprinted time after time with the simple message of trusting your heart: "And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye."

May your Thanksgiving and all the holidays to come be filled with blessings, health, abundance and more love and joy than your heart can hold –

Jan

[The Heart of the Matter](#)

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