

# Stone of the Month

By Sonia

## Smoky quartz

Capricorn: December 22<sup>nd</sup>-January 20<sup>th</sup>

Birthstones: December-Turquoise January-Garnet  
Capricorn star stones-Smoky Quartz and Garnet  
these are also the Zodiac stones, their colors are dark brown

**A little history:** The smoky quartz has great concern for the environment, and ecological solutions.

**Chosen color/stone for the Capricorn:** Jet black and brown.

**Planetary ruler:** Saturn **Element ruler:** Earth **Energy:** Respective

The crystal I have chosen for the month for January  
**is the Smoky Quartz**

A little note: Crystal quartz can be charged with the magical attributes of any stone through your visualization.

**Color:** Brownish to blackish, blue sometimes yellowish.

“This is the most effective grounding and anchoring crystal and at the same time raises vibrations during meditation”

**Appearance:** Translucent, long pointed crystals with a darker end, found in all sizes.

**Source:** World wide (The rarity of these crystals are easily obtained, but make sure that is a natural quartz.)

**Chakra:** from the Earth (**Bottom of the feet to the grounding cord**)

**Aura:** The smoky quartz grounds energy and dissolves negative patterns encased in the aura.

Helpful hints: It can be used to protect the Earth charka below the feet and its grounding cord when in an area of disturbed earth energy.

The smoky quartz is good for protection against bad luck. It helps the wearer cope with problems and situations by filtering out negative thoughts.

**Pillow talk:** A good stone to have at the bed side if you suffer from insomnia it alleviates nightmares and manifests your dreams.

**Mental and emotional healing:** Very useful in depression cases, it alleviates suicidal tendencies and brings an emotional calmness. it's a superb antidote to stress; it blocks geopathic stress as well

The smoky quartz promotes positive, pragmatic thought and can be used in scurrying to give clear insight and neutralize fear of failure.

**Healing: Grounds** energy and gently neutralizing negative vibrations, it aids in the assimilation of minerals and regulates liquids within the body as well as dispels cramps during your cycle. It has the ability to lower blood pressure. It provides relief from pains; hips, legs, back, headaches and fortifies nerves. It is excellent for treating radiation-related illness or chemotherapy.

**Cleansing/Purifying:** Cleans: with water **To purify:** it loves the smoke, moon, and fire **NO:** salt or sun please

**Positions:** Can be worn any where especially the base chakra. Is to be worn long periods of time, Place over painful areas. A little note: This stone is very protective over its wearer