

**Stone of the month:
Topaz**

Sagittarius November 23rd December 21st
Birthstones: November -topaz December- turquoise
Zodiac stones: topaz, carnelian

A little note: topaz helps tap into your inner psyche for knowledge, it helps spiritual development, connects you to inner wisdom.

Chosen color\stone: sky blue, yellow stones.
Planetary ruler(s): Jupiter, Sun

A little note: Topaz recharges trust and optimism
The topaz is a strong healing stone that releases tension, encourages generosity, and aids forgiveness.

Associated mental: Gold, a very strong protector of its wearer
Associated stone: tiger's eye. The topaz is a mellow, empathetic stone that directs energy to where it is needed the most.

Elemental ruler: Fire

Star stones: topaz, citrine, zircon, turquoise, clear quartz
This crystal brings about a trust in the universe that enables you to "BE" rather than to "DO" it cuts through doubt and uncertainty.

Zodiac colors or Astral colors: dark blue, purple, gold, yellow, red

The stone I have chosen for December newsletter is Topaz (yellow)

Also known as the lover's gold, derived from the ancient Sanskrit word Tapas, meaning "fire".

Color: golden yellow, brown, blue, clear, red-pink, green.

Appearance: Transparent, pointed crystals, often small and faceted of large pieces.

Rarity: Easily obtained from specialist stores, red-pink is very rare.

Source: United States, Mexico, India, Australia, South Africa, Sri Lanka, Pakistan.

Energy: Projective, It is said that the facets and ends of a topaz crystal have both positive and negative energies through which a request to the universe can be focused and then manifested on the earth plane.

A little history: the stones we now know as peridot and olivine were named topaz in the distance past. It was used at one time to cause its wearer to become invisible.

Position: Wear the topaz on your finger, solar plexus, and brow chakra, place as appropriate for healing; the elixir can be applied to the skin. When worn it relieves depression, anger, fear, greed, frenzies, and all disturbing emotions (wearing a topaz draws love). Placed in the home, it is a charm against fire and accidents.

A little pillow talk: when put under your pillow or worn to sleep the topaz fends off nightmares and ends sleepwalking.

Enhancers: Dieting, courage, divination, health\healing, love, luck, money, wealth, prosperity, riches, physical energy, protection, recharges and motivates, develops intuition, strengthens the nervous system, promotes self-realization, and inner awareness, helps to communicate ideas and recognize own abilities. The topaz allows the wearer to transmit visualizations as universal messages. It is an aid to telepathy. This stone is very useful to artists.

Healing: Topaz can be used to manifest good health. It is also used to relieve pain of rheumatism and arthritis as well as regulate the digestive system.

Helpful tip: the topaz is a good stone to help with weight loss. Topaz is excellent for cleaning the aura Chakra is sacral and the base.

Psychologically: topaz helps you to discover you own inner riches, it makes you feel confident and philanthropic, wanting to share your good fortune and spread sunshine all around. (Negativity goes not survive around joyful topaz) Topaz is an excellent emotional support-it stabilizes the emotions and makes you receptive to love from every source.

A little note: Use your topaz crystal at a full moon or when it is waxing to receive its full powers.

Topaz is very helpful in overcoming addictions.