



# Amber

**Key Words** – Healing, warmth, past lives, creativity, personal power

**Chakra** – the 3rd (solar plexus) and 2nd (sacral)

**Element** - Earth

Amber's colors range from yellow to orange or honey-colored, to a honey-brown. The amber I have always seen is Baltic amber and comes from the resin of coniferous trees that lived around 30 to 60 million years ago. The name amber comes from the Arabic word for ambergris, which is a substance secreted by sperm whales and used in the manufacture of perfume. It has been highly valued for thousands of years and was very popular in jewelry.

My experience with amber goes back to my childhood and has been nothing short of amazing. I remember being given an amber pendant when I was ten years old, and I had just made a very deep spiritual commitment to God and to the church I was then attending. My first impression was that it seemed to generate soft warmth in my hand, and gave me a peaceful feeling in my stomach. But what was truly astounding was that when I was lying in bed with it later that night, and I put it on my forehead to see if I could feel that same warmth there, I was taken back to another lifetime. I saw myself very clearly walking through the woods with a hawk sitting on my shoulder. I would occasionally look at him and those penetrating eyes would stare back at me, and I could feel the most incredible joy in having my feathered friend with me. This, to me, is the best of what amber can do. I now realize it was no coincidence that I received that pendant at the time of my religious experience and amber has been with me ever since. It has become a healing and calming stone for me and I bet it will do the same for you.

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## Spiritual and Healing Qualities

The warmth I felt when I first held it gives a clue to its healing properties, as does the lovely honey color. Our sun radiates a very healing and powerful light which warms this planet and everything on it. Amber does something similar. Some stones are connected to the Moon or other planets, but amber is definitely connected to the sun. Its warmth will spread to all areas of the body, particularly the solar plexus, which has to do with personal power, impulses, anger and strength. It is also one of the chakras for astral travel. When the third chakra is out of balance you may lack confidence, be confused, worry about what others think, feel that others are controlling your life, and may be depressed.

Although it is not normally linked to the second chakra, I have found it to certainly be the case, especially the more honey-colored. Self worth, confidence, sexuality and creativity are connected to this chakra, and this lovely sunlit stone will help balance those aspects of yourself so that you don't become manipulative, obsessed with thoughts of sex, or lack the energy you need to function on a daily basis.

Amber will help with your self worth and how you relate to others and will help you balance your emotions and give you a peacefulness that you might be surprised to find in a yellow or orange stone.

Because amber carries the light from the sun, it can help with depression, and is excellent for someone who has been ill or coming away from an accident. It brings light into our bodies and transmutes some of the lower energies into higher frequencies. Because of its relationship to the sun, and to the transmutation of lower energies, it will help us connect to not only our past lives, but other nonphysical beings, such as angels, elementals, fairies, or even beings from other planets. It can also help your spiritual development, and will assist you if you are feeling a reluctance to progress.

## Affirmation on Amber

I now call on my healing energies and the power and heat of the solar rays of my amber to balance my emotions, keep my Ego in check, and allow for the development of my spiritual nature.