



Aquamarine

Key Words – Clear communication, soothing, calming, peaceful, healing

Chakra – the 3rd chakra (solar plexus), the 4th (heart chakra), 5th (throat chakra)

Element – water

Aquamarine is a member of the beryl family and comes mostly from Brazil, but it may also be found in parts of Russia, Africa, Australia, and Madagascar. The largest aquamarine ever found weighed 240 lbs, and was found in Brazil in 1910. The aquamarine dates back to Greek and Roman times and its name comes from the Latin "aqua" meaning water and "mare" meaning sea. It is, in essence, a stone of the sea, and that's why the Greeks thought it was beneficial to be worn by seamen or sailors.

An aquamarine can form in some stunningly flawless crystals, making it one of the clearest gemstones around. Unfortunately, many of the aquamarines available on the market today have been heat treated in order to achieve that beautiful bluish-green color.

Every time I read something about aquamarine, I read that it has the beautiful bluish-green color of a lovely Mediterranean ocean, and although I have never had the pleasure of seeing such an ocean in person, I have seen many pictures of them, and so, I have to agree with those descriptions. It is one of the most cooling and calming stones you will find, and it's beauty will touch your heart. The first place I felt the effects of the clear, lovely stone in my hand was in my solar plexus. I put it down immediately and then found a relaxing CD and put it on, then sat back with the aquamarine in my hand and allowed the effects of both to wash over me. It was incredible. The two combined created a powerhouse of energy I could draw on. It is a stone I think should be in everyone's collection.

Spiritual and Healing Qualities

Physically, the cooling properties of this gem makes it an ideal one to use in cases of fever and infection. Since it works with the throat chakra, it can help with sore throats, laryngitis, hoarseness, and coughs. Because of the effect on the nervous system, it will help things such as allergies, psoriasis, neuropathy, hives, and other nerve-related issues.

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Spiritually, this stone will help one let go of any anger issues that are being dealt with, and to release any old negative patterns of behavior that are no longer desired. Since it works with the throat chakra, clear communication with those around you will surely help break down the walls that have kept the negative behaviors with you, and will allow one to speak their truth from the heart, which will be heard and felt by the other party. Speaking one's truth and releasing negative energies will, in turn, help every other part of the body. This is truly one of those stones that can be considered an all-body stone.

I mentioned feeling the effects of this stone first in my solar plexus, and although it is not normally associated with the 3rd chakra, I believe from my own experience that it has much to do with that area. How could it not, if it fosters calming, relaxation, and healing? A positive emotional state would have to follow. Since its element is water, and water deals with the emotions, that makes perfect sense. It will help balance fear, doubt, and resentments, giving you a new perspective on things, and allowing you to let others be themselves without feeling the need to control them and the situations. You will be tapping into Divine love and compassion, and moving to higher spiritual levels.

Aquamarine is effective for teachers, speakers, singers, and those who use their voice in their profession or for recreation, since the throat chakra is involved. I know of a voice coach who keeps a large one around her neck whenever she gives lessons.

Interestingly, this stone can help increase intuition. It can also alleviate sea or airsickness. Putting an aquamarine stone in a fish tank or pond is said to keep fish healthy.

Affirmation on the Aquamarine

I now allow the healing power of the aquamarine to help me to speak my truth and bring the negative patterns of behavior to the surface so they can be dealt with and removed. I release the anger, doubt, fear, and resentment I have been feeling and begin to feel a greater sense of Divine love for myself and everyone.