



# Black Tourmaline

**Key Words** – Protection, purification

**Chakra** – the 1st chakra (base or root)

**Element** - earth

The name Tourmaline comes from an ancient Sinhalese word *turmali*, meaning “a mixed color precious stone,” or *turamali*, meaning “something small from the earth.” It can be found in many parts of the world but the best come from Africa, Sri Lanka, and Brazil and Maine in the U.S.

Tourmaline is not a single mineral, but a group of several closely related minerals. The three most well-known members are Elbaite, Schorl, and Dravite. The most common species of Tourmaline is Schorl, which accounts for ninety-five percent of all tourmaline in nature. It is black, or sometimes a blue so deep it appears to be black. The term Schorl was in use before the 1400s, named for a town in Saxony, Germany, where Black Tourmaline was found in nearby tin mines.

When it is rubbed, it becomes electrically charged and Japanese researchers found that no matter how small tourmaline is ground or crushed, it is still capable of conveying an electric current.

Black Tourmaline is one of my very favorite stones and is another of those I think belongs in everyone's collection. I don't think there is one of us that can't benefit from its use. I have a rather large one on my desk which helps me to stay grounded when dealing with clients and the negative energies they can bring with them. Holding it in my hand while on the phone does something similar. I never do a ritual without them and I carry one with me most of the time. Having one in my hand or nearby is almost like having an insurance policy against negative energies, and it gives me a peaceful feeling. Those who know me personally know I wear a black tourmaline around my neck frequently. My job is a high stress one, and I do a lot of counseling and healing, and I really need the grounding that this beauty can provide. And as an empath, it helps protect me from energetic trash, negative entities, and other attachments I am not asking for. It's sort of like knowing your angels are there all the time to help whenever possible, and this beautiful mineral is like that for me, and I love it. It's a true gift from the Creator.

# **Black Tourmaline**

## **Spiritual and Healing Qualities**

Protection and purification are the two main uses for Black Tourmaline, and it does both of those very well. Physically, it will help your body rid itself of toxins from what you eat or the air you breathe. In this day and time with so many chemicals in our food and in the air, and with the increased use of GMO's and the like, this black beauty has even more benefit for us than it did a few years ago. It can help strengthen the energy body and the immune system and increase vitality.

The marvelous thing about this stone is that it does not absorb negative energy, but transforms it into positive energy. Think about that for a moment—that means it can improve the air quality wherever it is placed. Keep one at your desk like I do, or in the bedroom or even under your pillow for more restful sleep, or in the car. Try putting one near the television or computer to handle the radiation emitted from those devices. Having one while doing meditation will not only be grounding for you, but cleansing as well. It is a wonderful tool for protecting your EMF (electromagnetic field).

The shifting electromagnetic fields of the Earth have been causing us an increase in stress and negative emotions, and we have to synchronize with the Earth's energies and stay attuned with the Earth and her vibrations. Black Tourmaline is one of the most effective stones for this purpose. Since this stone works with the 1st chakra which, among other things, has to do with your will to live and the basic needs for security and safety, using Black Tourmaline will strengthen your resolve to stay connected to the Earth and to do what is necessary to be in optimum health, and to take care of all your most basic needs.

Empaths or intuitives or even caring, compassionate people, will sometimes absorb whatever is around, and we need to always protect ourselves, and not just when we know we will be involved in a stressful situation, but when we will be coming into contact with others. We never want to bring down the energy of another, and in order to shield ourselves, black tourmaline will always be one of the most important items in our mineral toolkit.

## **Affirmation on the Black Tourmaline**

I now allow the healing energies of the Earth to come into my body by the 1st chakra, and ground me and strengthen all parts of me. I banish all negativity in any form, and open up to the purest and best energies for my body, mind and soul at this time.