



Garnet

Key Words – Healing, peace, strength, victory, sexuality, confidence

Chakra – the 1st chakra (base or root), 4th chakra (heart)

Element - Fire

When people think of Garnet they think of a red stone, and that is indeed the most common and the most popular, but it is not the only color it comes in. The name “Garnet” comes from the Medieval Latin word “granatum” which means dark red, but there are yellow, orange, peach, green, purple, brown and pink Garnets. Large deposits of red garnet were discovered in Bohemia (Central Europe) around the 16th century, and the Czech Republic continues to be a source of it today. One of the most recently discovered colors of garnet is the rare blue garnet, which was discovered in the late 1990s in Madagascar. It has since been found in other regions, such as the USA, Russia, Kenya, Tanzania and Turkey.

It is believed that Garnets can illuminate your way even at night, and there is a legend that it was used by Noah to provide light. I also remember reading somewhere that if you receive one as a gift it brings good luck but if you steal one from someone you will have very bad luck.

Whenever someone mentions Garnet to me or asks me what I think of it, I roll my eyes and smile, and try to think of exactly what I wish to say about this magnificent gem. It is remarkable, and I will say much about it further on, but my personal experience with it has been nothing short of extraordinary. I had been experiencing some self-doubt and I was looking for anything that would help. The color red flashed across my mind, and I knew that it meant that something red would give me what I needed. I did a combination of things such as drinking tomato juice, or lighting a red candle, but when I remembered buying a beautiful Garnet a few years before at a workshop in Cincinnati, I knew that was what I had been looking for. After I found it and cleansed it, I took it outside with me, and on that beautiful September day, I stretched out on the ground and placed it in the center of my chest and I felt a tingle all the way to my toes. I believed it was having an effect on my blood and was therefore reaching all parts of me.

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It took about fifteen minutes but I began to feel calmer, and then happier. I knew my self-doubt had come to an end. With a renewed level of energy, I got up, went back inside and made a couple phone calls I had been putting off, and they turned out to be what I had hoped for. I was in heaven! So when people ask about Garnet, I can recall that feeling and I smile, and my next words will be, “How much time do you have?”

Spiritual and Healing Qualities

Physically, because of its red color, Garnet has always been a stone linked to blood and any thing connected to it. It was used by ancient medical men who thought that if they covered a wound in a Garnet or placed it within the wound, they could stop the flow of blood. It has been used to help with fevers, infection, and such. And because of the color and being associated with the first chakra and also with blood flow, it is not only a healing stone but a stone of sensuality and sexuality, and its effects can even be felt in the genital area. But be careful—if you are not trying to attract the attention of would-be lovers, then it may not be the stone for you at this time. But it could still help your popularity level.

If you need an extra burst of energy or are involved in strenuous physical activity, Garnet is a great stone to wear. Try wearing more than one at a time and the effect should increase. Drinking Garnet water (place a Garnet in a glass or pitcher of purified water overnight) before going to work will help your work day by providing extra energy as well as the confidence to do your job. It is also a good stone for successful business ventures.

When you feel strongly about or have a passion for something, or want to meditate on something you want, having a Garnet is a good choice. A red candle will help the meditation, as well. As you calm your mind and body in meditation, hold the Garnet in your hand or lie back and place it over the heart chakra, and feel the warmth of the stone spread through your body.

Garnet also works on love, faith, trust, and peace. It is an excellent stone to give to your significant other, and not just on Valentine’s Day. And if you have problems loving yourself or are having issues with a partner or friend, Garnet will help. It will assist you with any stress or anxiety you may have, and will help you open your heart to the loving energies you have inside which you may not have been able to bring to the surface.

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Here is a partial list of other uses for Garnet:

- It is known as the warrior's stone and was carried with them into battle as a talisman to keep them from injury or death;
- Helps you let go of worn-out habits and ideas;
- Helps you bring up more pertinent information during a past life regression;
- Allows the body to make better use of your intake of vitamins and minerals;
- Helps rid you of repressed anger;
- Need a little extra help with psychic protection? Use a garnet;
- Stimulates metabolism;
- Helps regenerate DNA;
- Used as protection when traveling.

Is there anything that Garnet does not do? Not to my knowledge.

Affirmation on the Garnet

I now allow the healing energies of Fire to come into my body by the 1st chakra, and spread throughout my body and flow through me in my blood. I allow the warmth of health and love of the 4th chakra to flow over me and give me the confidence I need to do what is necessary for me and my spiritual path at this time. I rid myself of anger and forgive those who have wronged me.