



## **Jade-green**

**Key Words** –Abundance, renewal, fertility, healing, longevity, balance

**Chakra** – 4th (heart)

**Element** – Earth

Jade is one of the most loved stones for use in jewelry, carvings, and feng shui. Most of the Jade on the market today comes from China, Russia, and the United States, and although there are many colors of this wonderful gemstone, the green variety is by far the most well known and the most loved, and is the subject of this article. Other colors include black, orange, yellow, brown, purple, pink, and red. Jade is actually two different types of stone—Jadeite, and Nephrite.

I have a special affinity for Jade (as I do for many others, also), and it was one of the first things I bought when I had the money. I had always admired Jade, and when I was a teenager I began wanting a piece of it so badly that I started not eating lunch at school so I could save that money and one day I would be able to purchase the Jade ring I wanted. It was a beautiful, long oval, set in yellow gold, and just looking at it gave me the most warm, peaceful feeling. It took a while but when I added my lunch money to my weekly allowance, it wasn't very long before I was able to buy my ring. I was elated when I finally made the purchase, and every time I looked at it on my finger, I felt that sense of calm and rightness that I felt every time I had ever looked at it. My mother had passed away not long before that, and that simple Jade ring helped me heal and move on in a very positive manner. I knew without a doubt that I was on the right path, and my lovely green Jade helped me all along the way.

### **Spiritual and Healing Qualities**

Jade is a stone used often in feng shui for its qualities of balance, harmony, healing, fertility, good luck, and abundance. There is a gentler flow of energy with Jade, not a sudden inrush. Since Jade belongs to the element Earth, it should be placed in any area governed by the Earth element. All baqua areas except North and South will benefit from the healing energies of Jade.

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Physically, Jade is a stone of the heart, and so deals with the heart and heart-related issues. It will also have benefit for the lungs, metabolism, the circulatory system, and overall health. Much of Jade's power comes from the calm and balance it helps one achieve. It has a sweet, loving, nourishing energy, and helps in a very accepting way. This is a stone suitable for everyone, in my opinion, and possibly even more so for children and the elderly.

Have you ever known anyone who is so centered and patient, so calm and accepting that you feel soothed and healed just by being in their presence? This is Jade. Jade feels, at least to me, like a very wise and loving sage and mentor who has your best interest at heart, and will never steer you wrong.

## **Affirmation on Jade**

I am balanced and at peace with myself and the world. I feel myself being renewed, and abundantly attract what I need in my life.

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*Note: The opinions expressed here are strictly those of the author and in no way should be taken as medical advice. Please consult your doctor for any and all physical issues.*