



Kunzite

Key Words – Calm, creativity, emotional balance, peace, Divine love

Chakra – the 4th (heart) for the pink ones, and the 6th (third eye), and 7th (crown) for the more violet types

Element – Water, and in my humble opinion, Earth, as well

Kunzite is a very beautiful stone ranging in color from pink to lilac and violet, and can be found in Mexico, Brazil, Canada, Madagascar, Myanmar, and the United States. It was named for the gemologist George Kunz, who found it to be a form of Spodumene. It is best cleansed under warm running water and left to dry overnight. It's not made into jewelry as much as some other gemstones because of the ease with which it may splinter.

We all need to learn to just relax and go with the flow, to go with where the universe wants us to go, without resisting everything in our path. Our life will be much more pleasant and meaningful then, and Kunzite is just the stone to help you do that. This is a stone I have come across recently, even though I had heard of it long before. I had no idea what it was used for or what it could do but I decided one day to buy one without knowing any of that, and so off I went to my favorite lapidary to get one. This is the store where I have bought some nice tumbled stones that I turned into a few beautiful, handmade rune sets, and I was fairly sure they would have a decent selection, which they did. I truly felt much calmer just looking at them, and I instinctively knew the characteristics and qualities of the magnificent specimen I held in my hand. But the way I felt was powerful. You know how you feel after you have had the best day of your life? When you're happy, calm, contented, loving life, and doing whatever makes you feel that all is right with the world? That's how I felt holding the Kunzite. I wish more people knew about this gorgeous stone.

Spiritual and Healing Qualities

Physically, Kunzite can be used to strengthen the heart and lungs, and the circulatory system, including the arteries and veins, and related issues. Because of its capacity to help one relax, it can be used to treat headaches, aching muscles or joints, sciatica, and skin irritations. Holding the stone over a body part that needs healing or letting it rest on that part for a while is the best way to do it.

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Emotionally, it is ideal for anxiety, nervous conditions, and can help in letting go of expectations that may have been placed on others. When we are bombarded by negativity or someone is being unduly critical with us, or causing us pain, if we will take a moment and let the healing powers of Kunzite take effect, we will be better able to cope with those issues without becoming angry or depressed. You will be better able to open your heart to the love around you, and you will feel a sense of love toward yourself and everything else on this beautiful planet, from the smallest pebble or clump of dirt to the animals, our fellow man, and the planet itself. Try just gazing into it and let the energy of the gemstone do its thing.

Need help working out a problem or trying to create an artwork, or maybe learning a new language or writing a story or poem? Or maybe you want to make a dish of some type to take to a sick friend or come up with a craft project you can do with your child. Kunzite is a lovely stone for those things since it can spark your creative side and allow ideas and inspirations to surface.

One of the most important qualities of this beauty is the ability to allow for your connection to Divine love. You will be able to feel the peace and love that only the highest levels can provide, and if you can keep those feelings at the forefront, you may be able to begin to experience a remarkable transformation. It will help you become a more kind, gentle, and loving you, which will not only benefit you immensely, but all those with whom you come into contact, as well the world in general.

Affirmation on Kunzite

I am calm and at peace, and my higher energies are becoming stronger in me every day. Divine love flows through me and I am an example of it for those around me.

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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.