



Lapis Lazuli

Key Words – Clarity, communication, past lives, clarity, intuition

Chakra – the 5th chakra (throat) and the 6th chakra (third eye)

Element – Water, and air also. I truly feel it is both.

Lapis has been prized for thousands of years for use in jewelry and magical uses, and the best comes from a deposit high in the mountains of Afghanistan and is the same deposit that has been mined for 6,000 years. Until roughly a couple hundred years ago, Lapis was ground up and put into paints, which gave the paint many lovely shades of blue. It is said that as far back as 4,000 B.C., Lapis was valued and sold in many markets in places such as Italy, Greece, and Persia. The ancient Pharaohs of Egypt believed that Lapis would be one of the things they might need in the afterlife, and so it would be included on and in their tombs. Its name means “blue stone” but at one time it was called ultramarinum, meaning “beyond the sea.”

I have always had a thing for Lapis Lazuli since I was young and saw a beautiful specimen on a pendant belonging to a friend of my mother's. It was one of the most beautiful things I had seen, and I wanted one to use when I sat at my window at night and talked to the moon. But alas, my mother would not consider purchasing one for me, so I found a smooth pebble and painted it blue and just imagined I was holding one. When I got older and became employed, I was finally able to get the stone I had always wanted. It really had made an impression on me and to this day, I still feel that stirring inside when I gaze upon it. It's almost like it's my own special stone that no one else could possibly understand. I use it in my counseling sessions, readings, and when I do any teaching. I love knowing I have it on my person, and that my true blue friend will always be there for me.

Spiritual and Healing Qualities

Lapis is a very unique stone, and it is considered regal in nature, meaning that its energy is very refined and on a higher level and responds to that level in each of us. You may not actually be able to connect with it if you are working entirely from a lower point and with lower energies. You will get the most from it if you can raise your own vibration.

Lapis Lazuli

It is connected to the throat chakra, and so has much to do with anything connected with that, whether physical, emotional, or spiritual. If you are a teacher, speaker, salesman, counselor, singer, etc., a Lapis will be one of the better stones to have in your possession. If you wish to speak your truth, or want to have an intelligent discussion with someone, or better understand the words of the other person in the conversation, a Lapis will be one of your choices. And if you want to contact your guides and angels or you are getting ready to go through a past life regression and you want be able to get as much information as you can, this blue beauty will help.

Physically, a Lapis will help you understand the cause of 5th and 6th chakra issues and help you heal them. This includes sore throats, headaches, the thyroid, earaches, vertigo, and blood pressure.

Lapis is an excellent stone for those who do psychic work or wish to expand that area of their lives. And you definitely want to work with it if you do psychic readings, tarot readings, lead past life regressions, rune readings, etc. or any similar activity. A Lapis will bring a clarity to your mind and the readings will be better.

Because of the association with the 5th chakra, a Lapis will help in communication with a friend or loved one clearly and truthfully, but in such a way as to not hurt the other person. Remember this is a stone for clarity and third eye awareness. If you feel your bond with your significant other has dwindled, call on the energies of the lapis. If you are feeling used, you can use the Lapis for clarity and you can speak your truth and help get away from the destructive pattern. Use it with a Smoky Quartz and especially a Black Obsidian for this purpose.

This lovely blue stone can also help with karmic issues and their healing. I mentioned past life regressions, but sometimes by just carrying a Lapis around with you for a while or wearing it in a piece of jewelry, you can start to recall them on your own. Once you can get clear...there's that clarity again, and understand some of your past issues, you have taken a giant step in clearing them up.

Affirmation on Lapis Lazuli

I open myself up to my higher energies and look beyond the illusion and allow myself to grow in all ways. I am aligning my physical, emotional, mental, and spiritual bodies, and am able to face my truth and awaken to who and what I truly am.