



Selenite

Key Words –Healing, spiritual communication, alignment

Chakra – the 2nd (sacral), the 6th chakra (third eye), the 7th chakra (crown), chakras higher than the 7th

Element – Water, and in my opinion, Fire, also

Although the name Selenite means “moonstone”, after the moon Goddess, Selene, it has no relation to the magickal Moonstone. Selenite is a clear form of gypsum and often forms when seawater evaporates, but oddly enough, it can be damaged if exposed to or immersed in water. This is why water cleansing is not advised, nor is drinking Selenite water. The best ones come from Mexico but they are also found in France, Germany, England, Australia, Poland, Morocco and the US. In addition to the clear and white type, which is the one I will be discussing, it also comes in peach, orange, greenish brown, and golden yellow. Because of its thermal insulating properties, Selenite will feel warm to the touch.

Selenite is very lovely crystal and one of my all-time favorites. To me, it is mostly about spiritual growth. I have been interested in my own spiritual growth since I was about ten years old, and I knew that I was destined for great things. I eventually became aware of who I was and what I was supposed to do in this incarnation, but it was not until about seven years ago that I became aware of the power of Selenite. I attended a workshop in Chicago called The Melchizadek Method, and it was one of the most lovely things I had done in my life. It was a small intimate group of sixteen, and one of the attendees had a couple of selenite crystals and offered to let me use one. I had shared my bottle of frankincense essential oil for use on the third eye, and she was returning the favor. At some point during the next few days I aimed it at my third eye immediately prior to a meditation, and I felt a beam of energy shoot straight through the back of my head. It was amazing, and I went straight to a past life in Greece where I was a healer. I even witnessed my death. I was brought to tears by this powerful experience and I knew that I would never be without a selenite crystal from then on. I recently received a Selenite wand from this beautiful website, and I could feel its energy when I unwrapped it. For anyone dealing with the psychic, spiritual, and healing world, do yourself a favor and allow the energies of the Selenite to boost your progress.

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Spiritual and Healing Qualities

Selenite is one of those lovely crystals that will work on every area of the body even though it will be stronger in some areas. It is known for its work on the spine and the spinal fluid. It can promote flexibility, alignment, and strength in that area, and if the spinal column is in good shape, other parts of the body will follow suit. The various cells in the body can be purified and healed, and it can help the nutrients you take in to be better assimilated. I have used it under my table when doing a healing many times. And it can help increase libido.

In my opinion, other than the healing of the spinal area, the most amazing thing about Selenite is its use in psychic development, communicating with guides and angels, divination, guidance, and all things spiritual. One way it does this is to bring clarity to any situation that is troublesome. It can help you contact your angels, guides or your Higher Self to get insight that will help clear up the situation. If you are trying to contact a loved one that has passed on, try using a Selenite. If you are plagued with doubts and insecurities, the clarity you can achieve will be a definite help.

Selenite will open the crown chakra and allow access to higher powers. When you are meditating, try doing it with one, and if you want to align and cleanse your chakras your chakras and all your energy fields, use a Selenite. Try lying down with at least three Selenite wands surrounding your body, seven if possible, and open your awareness to feel the little energy vortex you can create. On some of my clients, I have used three Selenite wands, making sure one is above the head, two amethyst crystals, one Garnet and then one Black Obsidian at the feet. I've had some great results with that layout.

If you wish to get in touch with past lives, add a Selenite to whatever work you are doing, and especially if you are being taken on a past life regression. I think we can all benefit greatly from past life awareness, which is why I make it a part of my work. It will help you break through illusions in your life so you can see yourself as you really are and your life as it truly is.

For those on a definite spiritual path, and wishing to accelerate their growth, the ability of Selenite to assist with clarity, spirit communication, and chakra cleansing and alignment, will make it one of your most trusted tools. As with any other crystal or gem, the effect will become greater with continued use.

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Affirmation on Selenite

I now allow the healing energies of Air and Fire to come into my body by the 2nd, 6th, and 7th chakras to heal me, and to assist me in my spiritual journey. I am aligning my energy fields and chakras, and opening communication with my angels and guides. I feel the increase in clarity, and my self-doubts have vanished.

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.