



Smoky Quartz

Key Words –Grounding, protection, abundance

Chakra – the 1st chakra (root)

Element – Earth

Smoky quartz is a brown, somewhat transparent quartz (which is silicon dioxide), used mostly for healing and spiritual applications, but not so much for jewelry, since brown stones are not very popular for that. Natural irradiation give it its brown color. It comes from Brazil, Madagascar, Switzerland and the US.

I first used Smoky Quartz when I was looking for something else to use for psychic protection, but soon learned how many other applications it had. I remember lying back on the sofa and holding it in my hand and gazing into it, and feeling a sense of calmness permeate my aura. There are other stones I have used for relaxing and calming, but many times it seems that the Smoky Quartz does the job better than many of the others. I and my group use it when doing any meditation or ritual, and since we are combining the grounding and protection abilities of the crystal with its ability to send energy through the crown chakra and combining that with our magickal procedures, it is one of the crystals we rely on frequently. We program them to be a magickal link between the physical and the higher levels, and it does its job very well.

Spiritual and Healing Qualities

Because of its association to the first chakra, it will assist in matter of the spine, the back, and also the lower part of the body and the organs there. Just as it can help protect you from or eliminate negative energies in your aura, it can also eliminate things such as toxins or other harmful items from you physical body.

Smoky Quartz is the premier grounding stone, in my opinion, which can apply to grounding before a meditation or grounding when you are having to do mundane tasks and wish you didn't, or having to deal with an unpleasant situation and need to keep your wits about you. Its lovely earthy color makes you feel calm and centered, and happy. It will help to open your crown chakra and allow energy to flow all the way down to the root chakra, which will stimulate the kundalini energy. This will help balance your chakras and bring a sense of peace and love to you. It will help you feel that you can handle anything, and that maybe those problems you have are really not so bad after all. The clearer specimens will be better for this.

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Along the same lines, it will help you make changes in your life that you need to make, and help you get rid of old habits and patterns that no longer serve any purpose. Just think of the color of this lovely mineral, and you will get a feel for the lovely earthiness that can permeate your life. A real grounding and balancing. This is a wonderful stone to have in dealing with issues of business as well as your everyday life. It can help you have the clear-headedness to make the correct decisions and the impetus to work toward your goals.

Smoky Quartz can also help you deal with negative energies coming from other people or the environment. There is practically no limit to the amount of negative energy it can absorb. It will help eliminate anger, stress, jealousy, and other negative emotions, and bring about a sense of peace and acceptance. Since it is programmable, you can add other elements to the protection you will receive. It is a great crystal to have if you wish to do some psychic shielding.

Affirmation on Smoky Quartz

I am grounded and balanced, and I am keeping what is good for me in my life and eliminating those things that no longer serve me.

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.