



Turquoise

Key Words –Spiritual development, communication, unity

Chakra – the 5th (throat) mainly, but also the 1st (root or base)

Element – Earth, Air, Fire, and Water

Turquoise is one of the oldest of gemstones that we know of—pieces of it were found on the arm of the mummy of Queen Zar, who ruled Egypt around 5500 B.C. Turquoise contains copper and iron and the amounts of each and the combination of those minerals is what can determine whether the stone is blue or green or a lovely combination of both. Most Turquoise can be found in areas that have had volcanic activity in the past, and the best specimens are located near the surface. It can be found in much of the world and is valued and prized in various cultures such as Native and Modern America, Iran, Tibet, Persia, South America, Mexico, Saudi Arabia, China, and others. In America, a very rare type is found in Virginia.

Turquoise is the birthstone for December, and is associated with Venus, Jupiter, and Neptune.

Turquoise is a stone that took me a long time to get into, mainly because I just didn't think it was very pretty. There were copper or iron streaks in it and I thought it took on a muddy look. I was always amazed that so many people seemed to resonate with it and place a great value on it. Even today, I still don't think it has much going for it in the way of beauty and that is just my opinion, but I have come to understand its value.

About five years ago, I attended several Native American workshops in Cincinnati. They were being held at the home of a friend—her lovely three-story farm house on 76 acres, the vast majority of it totally private, was the perfect place to hold such a workshop. Her variety of animals, from geese to peacocks, horses and goats, only added to the natural feel of the place and lent much to the workshop. One of the workshops was an intensely emotional mask-making one, and when each of us arrived on Friday afternoon, she gifted us with a lovely piece of Turquoise that had been strung on a length of leather along with a few beads for decoration. It was beautiful! I really had an immediate reaction when I put it around my neck I felt somehow calmed and yet energized at the same time. There was a feeling that a healing of sorts had taken place. I began to understand what others may have also felt by wearing a piece of this unusual and powerful stone.

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That weekend was one of the most powerful things I have ever done, and there were a few times when I felt compelled to hold it in my hand and press it against my chest or on my third eye. Each time I did this, I would either feel calm and joyous, or something inside of me would come to the surface and the tears would start to flow. The leader of the workshop kept watching me and I knew she understood what was happening. I learned then that despite what I felt about its appearance, it was a powerful stone and one that I would always want to have.

Spiritual and Healing Qualities

Since Turquoise encompasses all four elements, it works well with each of the chakras to a degree, but the 1st and the 5th are the main ones. The iron in the stone can really balance and take care of the blood and related issues, and the copper deals with the bones, nervous system, joints and circulation. Since it is a stone of feminine energy, it will help any of those types of things, and it has been used for helping to draw out toxic elements in the body. It can help regenerate tissue and will help balance lymph and pranic fluids.

Turquoise is associated with the throat chakra and can be a good stone to use when speaking or singing, counseling or contacting your spirit guides.

Working with each of the four elements, it will help you take the events of your life and weave them into an understandable pattern so you can reflect and learn from your experiences. It will allow you to understand the good and not-so-good parts, and will give you the ability to forgive yourself and others. It will assist in helping you speak your truth once those insights have been obtained, and you will begin to understand that what is right for you at this time may not be what is right for someone else.

Turquoise can help relieve stress and balance the emotions. Close your eyes and feel the energy of this stone surround you, and know that you have come into contact with it for a good reason.

Affirmation on Turquoise

I am able to communicate my truth and do so with compassion and forgiveness to not only to others but to myself. My spiritual nature is unfolding in the way that is best for 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.