



The Intuitive Connection

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Featured Crystal: Smoky Quartz



Smoky quartz is a brownish gray (sometimes yellowish brown), translucent variety of quartz that ranges in clarity from almost complete transparent to an almost-opaque brownish-gray or black crystals. The color is produced when natural radiation, emitted from the surrounding rock, activates color centers of aluminum impurities in the quartz. The more radiation, the darker the color. It was given its name in 1837 by mineralogist, James Dwight Dana, who thought it looked like smoke.

In ancient times, Smoky Quartz was used to make snuff bottles in China as well as a form of eye protection (similar to sunglasses). The Romans used Smoky Quartz to make intaglio seals, while the Sumarians made cylinder seals and ring seals. It was considered a power stone by the Druids who used the gemstone in their rituals and ceremonies. Smoky quartz is a common crystal, and today it has become popular in jewelry making.

Smoky quartz has a long history in Scotland and is the country's national gem. It can also be found everywhere in the world, with the finest quality coming from Australia, Africa, Brazil, Madagascar, Scotland, and the United States.

According to "The Crystal Bible" by Judy Hall, Smoky Quartz has the following healing properties:

Smoky Quartz is one of the most efficient grounding and anchoring stones and at the same time raises vibrations during meditation. This protective stone has a strong link with the earth and the base chakras, promoting a concern for the environment and ecological solutions. This stone is a superb antidote to stress. It assists in tolerating difficult times with equanimity, fortifying resolve.

Grounding spiritual energy and gently neutralizing negative vibrations, Smoky Quartz blocks geopathic stress, absorbs electromagnetic smog, and assists elimination and detoxification on all levels. It brings in a positive vibration to fill the space. Smoky Quartz teaches you how to leave behind anything that no longer serves you. It can be used to protect the earth chakra below the feet and its grounding cord when in an area of disturbed earth energy.

Psychologically, Smoky Quartz relieves fear, lifts depression, and brings emotional calmness. It alleviates suicidal tendencies and ambivalence about being in incarnation. Smoky Quartz aids acceptance of the physical body and the sexual nature, enhancing virility and cleansing the base chakra so that passion can flow naturally. This crystal alleviates nightmares and manifests your dreams. When it comes into contact with negative emotions, it gently dissolves them.

Mentally, Smoky Quartz promotes positive, pragmatic thought and can be used in scrying to give clear insight and to neutralize fear of failure. It dissolves contradictions, promotes concentration, and alleviates communication difficulties. Smoky Quartz facilitates moving between alpha and beta states of mind and aids clearing the mind for meditation.

Physically, because Smoky Quartz is often naturally irradiated, it is excellent for treating radiation-related illness or chemotherapy. However, care should be taken to select naturally formed stones with minuscule radiation rather than ones that have been artificially treated with radiation (these stones are usually very black and nontransparent). Tolerance of stress is much improved with the assistance of relaxing Smoky Quartz and this stone provides pain relief. In healing, a layout of slow-release Smoky Quartz pointing out from the body can prevent a healing crisis from occurring.

Smoky Quartz is particularly effective for ailments of the abdomen, hips, and legs. It relieves pain, including headaches, and benefits the reproductive system, muscle and nerve tissue, and the heart. Smoky Quartz dissolves cramps, strengthens the back, and fortifies the nerves. This stone aids assimilation of minerals and regulates liquids within the body. Position anywhere, especially base chakra. Under pillow, by a telephone, or on geopathic stress lines. Wear as a pendant for long periods. To dispel stress, place a stone in each hand and sit quietly for a few moments. Place over painful point to dissolve pain. Place point away from body to draw off negative energies, point toward to energize.

If you'd like to add a beautiful Smoky Quartz to your collection, the following crystals are available on the [Trinity Healing Connection store](#), or simply click on the picture to be taken directly onto the item's page in the store.





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