



The Intuitive Connection

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Featured Crystal: Sunstone



Sunstone is a member of the feldspar family (think moonstone, labradorite and amazonite). When viewed from different directions, it appears to sparkle. That's because it contains small bits of copper, hematite or goethite, which are formed into hexagon, rhombic or irregular shapes that reflect light. The effect is known as "aventurescence."

Sunstone comes in a few varieties of color which includes orange, yellow, red, pink, green, blue and copper. The more clear and brighter the color, the more value it has. Until recently, sunstone was not popular. The best known source of Sunstone is found near Arendal, Norway, but it can also be found in Siberia, Sweden, Australia, Canada, China, Congo, Ethiopia, Mexico, Russia, Sri Lanka, Tanzania, Greece, India, and the United States (Delaware, Pennsylvania, Oregon and North Carolina). The locality gaining the most notoriety is currently found in Oregon.

Sunstone has been around for a couple hundred years. Native Americans in Oregon used to trade with sunstone, and sometimes buried small bags with the dead. It was mined in the early 1800's in Russia and the late 1800's in Norway. It didn't become popular until the early 1900's, with a resurgence in the early 1980's when a new deposit was found in Oregon. It is now the official state gemstone of Oregon.

Even though it is more popular today, you still may have to hunt for it as you might not find it in your local jewelry store. Luckily you can usually find sunstone in crystal or metaphysical stores at a reasonable price.

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

"Sunstone is a joyful, light-inspiring stone. It instills joie de vivre and good nature and heightens intuition. If life has lost its sweetness, Sunstone will restore it and help you to nurture yourself. Clearing all the chakras and bringing in light and energy, this stone allows the real self to shine through happily. Traditionally it is linked to benevolent gods and to luck and good fortune. This is an alchemical stone that brings about a profound connection to light and the regenerative power of the sun during meditation and in everyday life.

Sunstone is extremely useful for removing "hooks" from other people, whether located in the chakras or the aura. These hooks can be at the mental or emotional level and may come from possessive parents, children, or lovers. They have the effect of draining your energy; Sunstone lovingly returns the contact to the other person and is extremely beneficial for tie-cutting. Keep Sunstone with you at all times if you have difficulty saying "No" and continually make sacrifices for others. Removing codependency, it facilitates self-empowerment, independence, and vitality. If procrastination is holding you back, Sunstone will overcome it.

Emotionally, Sunstone acts as an antidepressant and lifts dark moods. It is particularly effective for seasonal affective disorder, lightening the darkness of winter. It detaches from feeling of being discriminated against, disadvantaged, and abandoned. Removing inhibitions and hang-ups, Sunstone reverses feelings of failure and increases self-worth and confidence. Encouraging optimism and enthusiasm, Sunstone switches to a positive take on events. Even the most incorrigible pessimist responds to Sunstone. Placed on the solar plexus, Sunstone lifts out heavy or repressed emotions and transmutes them.

Sunstone stimulates self-healing powers, regulates the autonomic nervous system, and harmonizes all the organs. It treats chronic sore throats and relieves stomach ulcers. Exceptionally good for seasonal affective disorder, Sunstone lifts any depression. Sunstone can be gridded around the body and relieves cartilage problems, rheumatism, and general aches and pains. Place, wear, or hold as appropriate. Sunstone is particularly beneficial when used in the sun."

If you'd like to add a beautiful sunstone 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.

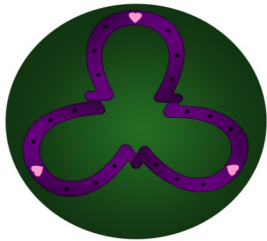




Check out our alpaca inspired lip balm flavor of the month featuring Rockette!

“An all American girl whose sweet, yet shy personality will float your boat!”

Root Beer Float



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*For your convenience, services can be scheduled
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Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

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Cindy Holt, Holt Holistic Healing

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