



# The Intuitive Connection

**Inside this issue:**

Lip Balm Flavor of the Month & Services	<b>2</b>
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## Featured Gemstone: Green Aventurine



Feeling lucky? If not, you’ll want to add this next crystal to your collection. Green Aventurine is a translucent form of quartz. It has a silvery green or silvery blue sheen to it which comes from the inclusion of fuschite (giving it its signature sparkle known as “aventurescence”). It actually comes in several colors such as orange, blue, gray, brown, pink/peach, red, white, and yellow. Each of those different colors have a different type of inclusion which gives them their unique colors. For this newsletter, my focus is on the healing properties of green aventurine (although each color has the main healing properties listed below).

It was officially discovered in the 18th century. Its name comes from the Italian word “a ventura” which means by chance. In the 1700’s an Italian worker accidentally put copper filings into molten metal which lead to the creation of Goldstone. When aventurine was discovered, it so resembled this accidental creation that it was given the name Aventurine. However the history of this gem goes back much further. In the Ethiopian valley, talismans and beads made from aventurine date back over two million years. It was used in ceremonial rituals to aid the user in connecting with their spirit guides. In ancient China it represented the Buddhist divinity of mercy and compassion known as Kuan-Yin. Aventurine was associated with fertility by the Ancient Greeks and Celts. It was also used in Ancient Tibet to aid creativity and by Amazon warriors as talismans.

Aventurine is a common gemstone, with green being the most common color. It is found in deposits all over the world, including Asia, India, Russia, China, Austria, Spain, Brazil, Chile, Canada and the United States. The two areas most abundant that produce the majority of aventurine are India and and Brazil. It is often referred to as “Indian Jade.”

It is the healing properties of this stone that I find so appealing. According to “The Crystal Bible,” by Judy Hall, Green Aventurine has the following benefits:

*“Aventurine is a very positive stone of prosperity. It has a strong connection to the devic kingdom\* and is used to grid gardens or houses against geopathic stress. Wearing Aventurine absorbs electromagnetic smog and protects against environmental pollution. Taped to a cell phone, it acts as a protection against its emanations. This crystal defuses negative situations and turns them around.*

*Psychologically, Aventurine reinforces leadership qualities and decisiveness. It promotes compassion and empathy and encourages perseverance. It takes you back into the past to find sources of dis-ease. This stone relieves stammers and severe neuroses, bringing understanding of what lies behind the conditions. Aventurine stabilizes one’s state of mind, stimulates perception, and enhances creativity. It sees alternatives and possibilities, especially those presented by other people. This stone brings together the intellectual and emotional bodies. Aventurine calms anger and irritation. It stimulates emotional recovery and enables living within one’s own heart.*

*Physically, Aventurine promotes a feeling of well-being. It regulates growth from birth to seven years. It balances male-female energy and encourages regeneration of the heart. Spiritually, Aventurine protects the heart chakra, guarding against psychic vampirism of heart energy.*

Aventurine benefits the thymus gland, connective tissue and nervous system; it balances blood pressure and stimulates the metabolism, lowering cholesterol and preventing arteriosclerosis and heart attacks. It has an anti-inflammatory effect and helps ease skin eruptions and allergies, relieves migraine headaches, and soothes the eyes. Aventurine heals the adrenals, lungs, sinuses, heart, and muscular and urogenital systems. As an elixir, it relieves skin problems. Hold or place on appropriate point.

**Green Aventurine:** This is a comforter and heart healer, and general harmonizer, protecting the heart. It brings things back into control and is useful in malignant conditions. It settles nausea and dissolves negative emotions and thoughts. An all-around healer, bringing in well-being and emotional calm.”

If you'd like to add a beautiful Green Aventurine 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 that item's page in the store.

Pendants



Necklace



Earrings



Diffuser Bracelets



Pet Pendants



Trees of Life



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