



# The Intuitive Connection

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## Featured Crystal: Sodalite



Sodalite is a group of minerals known as the feldspathoid group. It got its name due to its high sodium mineral content (Greek words soda and lithos, which means salt stone). It was first discovered in 1811 by Europeans in Greenland, although it did not become popular as an ornamental gemstone until 1891. However, it's been traced back to the Caral People (2600-2000 B.C.) near Lima for trading purposes. It is rarely seen in crystal form and can sometimes be found intertwined with white calcite. Sodalite is primarily blue but can be found as white, gray, pink, yellow, red, and green, or blue mottled with white veins or patches.

Sodalite is relatively inexpensive and readily available in many sizes. This gemstone is not usually transparent, so it retains its dark blue color when cut into faceted gems. Due to its hardness, it is oftentimes carved into animals, bowls, or decorative pieces (see pic to right). Canada produces the largest amounts of gem quality material. The stone can also be found in Afghanistan, Bolivia, Brazil, Burma, Greenland, Guinea, India, Myanmar, Namibia, Norway, Portugal, Romania, Russia, Scotland, and the United States (Arkansas, Colorado, Maine, Massachusetts, Montana, New Hampshire and South Dakota).



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

*"Sodalite unites logic with intuition and opens spiritual perception, bringing information from the higher mind down to the physical level. This stone stimulates the pineal gland and the third eye and deepens meditation. When in Sodalite-enhanced meditation, the mind can be used to understand the circumstances in which you find yourself. This stone instills a drive for truth, and an urge toward idealism, making it possible to remain true to yourself and stand up for your beliefs."*

*Sodalite clears electromagnetic pollution and can be placed on computers to block their emanations. It is helpful for people who are sensitive to "sick-building syndrome" or to electromagnetic smog\*.*

*This is a particularly useful stone for group work, as it brings harmony and solidarity of purpose. It stimulates*

trust and companionship between members of the group, encouraging interdependence.

An excellent stone for the mind, Sodalite eliminates mental confusion and intellectual bondage. It encourages rational thought, objectivity, truth, and intuitive perception, together with the verbalization of feelings. As it calms the mind, it allows new information to be received. Sodalite stimulates the release of old mental conditioning and rigid mind-sets, creating space to put new insights in practice.

Psychologically, this stone brings about emotional balance and calms panic attacks. It can transform a defensive or oversensitive personality, releasing the core fears, phobias, guilt, and control mechanisms that hold you back from being who you truly are. It enhances self-esteem, self-acceptance, and self-trust. Sodalite is one of the stones that bring shadow qualities up to the surface to be accepted without being judged.

Sodalite balances the metabolism, overcomes calcium deficiencies, and cleanses the lymphatic system and organs, boosting the immune system. This stone combats radiation damage and insomnia. It treats the throat, vocal cords, and larynx and is helpful for hoarseness and digestive disorders. It cools fevers, lowers blood pressure, and stimulates absorption of fluid in the body.

*Place as appropriate or wear for long periods of time.”*

If you'd like to add a beautiful sodalite 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. It is even available in pet pendant form for your furry family.

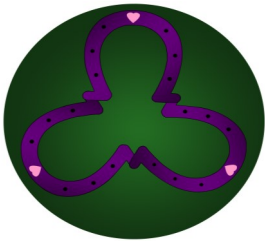




Check out our alpaca inspired lip balm flavor of the month featuring Mink, the kissing alpaca!

“Her sweet kisses make you feel all warm inside”

## *Apple Cardamom Ginger*



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STACEY  
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Prescott Valley, AZ  
Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

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*For your convenience, services can be scheduled  
in person or remotely*

### Referrals

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

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: info@anneangelheart.com

530-755-4767

**Cindy Holt, Holt Holistic Healing**

Medical Intuitive, Emotional Release Healing, Energy Healing

Website: [www.holtholistichealing.com](http://www.holtholistichealing.com)

928-273-8576