

## The Stone of Sanctuary

The 'Stone of Sanctuary', brings forth tranquillity and stillness, soothes away stress and discomfort, while working to fill life with Divine love and light.

This is a stone that connects the being to Divine source in every way manageable. The Stone of Sanctuary helps to lift away feelings of stress, worry and of discomfort, replacing them with calm. Settlement and ease.

A stone that opens the being to becoming more aware of inner and outer senses. The Stone of Sanctuary helps the being to recognise when each of these senses are at play, how they are at play and what they bring to light. This stone then teaches how these senses can be heightened and used day to day most beneficially.

The Stone of Sanctuary encourages the being to accept and work with what Divine source has brought to the self and to life in general. This stone brings to awareness to beauty in the smallest of things to the biggest of things, and even within and about the self.

A stone to help the being to find sanctuary at any given time in any given place. The Stone of Sanctuary teaches the being that this special place can be found within as much as in can be found all round. This teaching comes with guidance and supports every step of the way.

"It is not for any source to say exactly where sanctuary should be sort other than the self. Sanctuary is where the self finds the most peace, love and light; possibly a place of clear Divine nature, or that of Oneness for others. However this place is recognised, created or found, it shall ultimately only come from the self"

The Stone of Sanctuary helps to align the physical self to the etheric self, as well as raising the level of light energy within the two, onwards throughout the bodies major and minor energy centres. This stone also brings the being to be aware of the aura itself, actually opening up the physical sense of touching to pick up and feel the aura of the self and other living things.

This stone brings awareness of the fine veil between the physical realms to the spiritual realms, while teaching the being to actively, safely and positively become in harmony with this for a more enlightened life ahead.

The Stone of Sanctuary acts as a mirror, deflecting that of negativity away yet sending it away infused with love and light in order for it to be neutralised. A stone that also gives strong protection from potentially harmful amounts of electro-magnetic energies while also allowing that which is of no threat, including its own output. This can make it a useful stone for gridding or keeping as an amulet or talisman.

This is a stone that can be helpful in raising the output of energy of other crystals and minerals; therefore enhancing the their offerings, but the Stone of Sanctuary may be to overpowering for some of them so it is best tried and tested before properly conjoining.

On a healing level, the Stone of Sanctuary can help to ease away pain and discomfort on any level of the being, it can help to correct areas of the body that are out of synch or malfunctioning, improve the immune system, as well as being beneficial in the clearing away depression and negative thought cycles.

This stone can also be healing and easing to the being with any illness or disease that is at a chronic stage or even terminal stage.

A stone that also helps to soften and hydrate the skin incredibly well, raise energy levels and improve circulation. The Stone of Sanctuary is beneficial for the heart and can be helpful in easing angina, strengthening the heart against weakness and disease, as well helping correct and heal the heart where there is an arrhythmia, murmur and also where there has been a heart attack itself.

The Stone of Sanctuary is beneficial to the being who has troubles with sleeping. This stone helps sooth and de-clutter the mind while deeply relaxing the body in order for a peaceful sleep and more harmonised sleep pattern. For this keep close through sleeping hours starting at least an hour before onset of sleep depending on how chronic the sleep disturbance actually is.

A stone to bring deep soothing where there are feelings of anxiety, worry and distress. The Stone of Sanctuary will work with the being in all such cases and alike, to eventually instil feelings of stillness and of tranquillity.

Katie Jacqueline - November 2010

These are the stones it could work well or align with.

"I was told Black Tourmaline and Moldavite. A gentler approach is adding Epidote & Prehnite instead".