



Selenite

Properties: This is the mineral gypsum. Its white/clear striated crystalline body is a sheer source of calming, spiritual light. It works with the higher spiritual Chakra in accessing our higher consciousness, spirit guides and the angelic realm. Because of its striations, like tourmaline, it works along the spinal column grounding and anchoring our Earth vibration and utilizing kundalini to rise freely up our light body stimulating each center as it vibrates. This stone is highly recommended for meditation and working on the sacred spiritual in your life. Through meditation with Selenite, growth and mental focus is attainable. People find Selenite to be a luck stone. Considered a centuries-old record keeper of events/information, its information is gained through telepathic means. Holding this crystal, visualize it bringing white light/energy (higher ideas/consciousness) from your transpersonal point above your head down through body, out through feet into earth/physical plane. Place on 3rd eye for obtaining stored information. May help physical and emotional letting go as it taps into the emotional light body of the aura expanding sensitivity and your field of awareness. Wonderful stone for boosting confidence and self esteem. Use in energy grids for protection, wisdom and intuitive insight.

Folk Remedies: This mineral has been used to work against cancer and is known to stabilize epileptic disorders. It is considered a strong immunity booster. Working along the spine, Selenite affects the nervous system through the nerve endings along the column. Especially helpful for emotional and athletic flexibility. This stone is used for issues of fertility, hair loss and sensitivity to light. In powder form, this is used for skin issues such as acne, psoriasis, age spots. Consider using for allergies and addiction. A great detoxer used in homeopathic remedies.

Feng Shui: Use this stone in the Center area for health, balance and stability. Especially good in the Children area and Helpful People area of your home or office.

History: This distant cousin of calcite, Selenite belongs to the Satin-Spar crystal family along with Aragonite. Selenite ($\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$) is a hydrous calcium sulfate, as it is composed of oxygen, sulfur, hydrogen, calcium and water. Selenite has been found in a variety of environments and geological locations and growing in different forms Found floating in beds of clay not attached to any type of matrix or host stone. Selenite can grow in curved patterns and flower-like petals and are called Desert Rose. One of the most beautiful Selenite formations in the world is the Cave of Swords in Chihuahua Mexico. Over 97 million years ago water began seeping through ancient limestone formations dissolving the sulfide ores within producing a sulfuric acid. The water also absorbed large amounts of calcium and as this reacted with oxygen and hydrogen, Selenite "swords" or "wands" began growing. Specimens from the Cave of Swords are some of the clearest and largest in the world.

Source directly form: <http://www.peacefulmind.com/stones2.htm>