

# Emerald

This gemstone is frequently associated with notions of renewal, growth, and abundance. Emerald harmonizes the heart chakra, fostering emotional balance and promoting effective communication.

**Origin:** The word "*smaragdus*" means green gem. Ancient Egyptians treasured it as early as 2000 BCE.

**Main uses:** Emotional healing, Intuition, Harmony.



## Cleanse + Activate

To clean an emerald, use a soft brush, such as a clean toothbrush, dipped in cold water. Add a small amount of mild dish detergent or hand soap to the brush. Gently clean all facets of the stone, taking care not to apply excessive pressure. Rinse the emerald thoroughly with cold water to remove any remaining dirt and soap residue.

Create a serene setting, light a green or white candle to signify clarity, and engage in a meditation where you visualize the emerald's harmonious energy bringing tranquility. Hold it near your heart and focus on your intentions, and consider charging it under moonlight or sunlight, taking care to avoid extended exposure to direct sunlight.

## Other uses

**Meditation and Higher Consciousness:** Place an emerald during meditation, whether on your heart or in front of you, to enhance emotional well-being and mental clarity.

**Create a Heart Chakra Crystal Grid:** To open, balance, and invigorate your heart chakra (*Anahata*), incorporate emerald into a crystal grid. This essential chakra represents love, compassion, and emotional well-being. By making emerald the focal point of your crystal grid, you can amplify its energy and invite greater harmony and love into your life.

**Grounding and Intuition:** Emerald's harmonious and stabilizing energy aids in grounding and enhancing intuitive abilities.