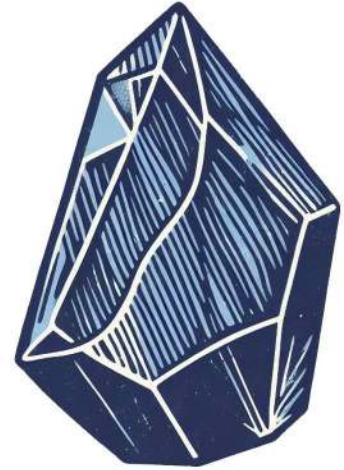


# Lapis Lazuli

Its name is derived from the Latin word "*lapis*", meaning "stone", and the Arabic word "*azul*", meaning "blue". It is considered a stone of wisdom and truth, enhancing spiritual insights.

**Origin:** Mined for over 6,000 years, with some of the most famous deposits located in Afghanistan.

**Main uses:** Protection, knowledge, truth, wisdom.



## Cleanse + Activate

To clean lapis lazuli, mix lukewarm water with mild soap. Soak the stone for 10-15 minutes, then gently scrub with a soft-bristled brush. Rinse thoroughly, ensuring all soap is removed. Dry with a soft, lint-free cloth, avoiding abrasive materials.

Find a quiet space and relax with your lapis lazuli. Hold the stone, close your eyes, and focus on your breath. Allow its energy to flow through you, opening your third eye and enhancing communication. Visualize its deep blue hue with golden specks enveloping you in protective energy.

## Other uses

**For personal protection:** Wear lapis lazuli in rings, necklaces, or earrings. You can also carry a piece in your pocket or keep it in your car to benefit from its protective energies wherever you go.

**In energy therapy,** its natural form is the most indicated. For best results, place lapis lazuli directly on the body, allowing it to touch the skin, especially near the throat or third eye chakra to enhance communication and intuition.

**To cleanse the home** or workplace of negative energies, place a lapis lazuli stone near areas of frequent activity or by the main entrance. Its calming blue hue can also promote a peaceful environment, making it a great addition to meditation spaces or rooms dedicated to relaxation.