

# Sapphire

Derived from the Latin and Greek words for "blue stone," sapphire, celebrated for its iconic deep blue variety, encompasses a spectrum of colors except red (ruby), symbolizing nobility, truth, and wisdom.

**Origin:** Sapphire is sourced from countries such as Sri Lanka, Madagascar, Myanmar and Australia,

**Main uses:** Communication, Protection, Wisdom.



## Cleanse + Activate

To clean sapphire, rinse it under lukewarm water for a minute and spiritually cleanse by soaking in sea salt water for an hour to remove negative energy. Then, dry and recharge in sunlight for a few minutes.

Activate sapphire by meditating with a blue candle in a quiet space, focusing on the third eye or throat chakra to connect with its energy. Trust the process and be grateful to enhance spiritual connection.

## Other uses

Adorn yourself with sapphire jewelry to continuously harness its energies for intuition, protection, and mental clarity, making its benefits an integral part of your daily life.

**Intuition:** Enhance your intuitive abilities by meditating with sapphire, allowing its energy to deepen your inner knowing and insight.

**Spiritual Communication:** Facilitate clearer spiritual communication by incorporating sapphire in your spiritual practices, connecting more deeply with the divine and your higher self.

**Protection:** Sapphire serves as a powerful protective shield, warding off negative energies and ensuring emotional and psychic stability.

**Concentration:** Improve focus and concentration by placing sapphire near you during tasks that require deep mental clarity and attention, harnessing its tranquil energy to calm the mind.