

## Basic Gemstones for the Shaman's Medicine Bag

Crystals will come and go in your life. Walk lightly upon the earth and take just what you need. Don't become heavy and weighed down with too many stones. Keep just enough in your medicine bag or bundles to help out when you can.

I am going to list my recommendations for you and how I use various stones. Set an intention to attract the helpers you need and they will come.

### 3 Types of Stones for Your Basic Shaman Healer Toolbox:

**1-Quartz crystals**-these programmable stones enhance the energy of whatever you are pointing the terminated point toward. You can program your crystals for amplifying, clearing, repairing the energy field, gridding the body of someone you are doing healing work on or gridding a room, home or land. We will cover how to grid your body, rooms or home in another course.

**Care instructions:** Clear quartz crystals between uses. Place on the earth outside overnight, charge in full moon or simply charge on a selenite bed if you have used lightly.

**2-Selenite** also known as **Gypsum** ("Liquid Light") for clearing

**Care instructions:** Charge in sunlight whenever needed. Selenite doesn't need to be cleared often. Some believe gypsum & amethyst are two stones that never need clearing.

**3-Black Stones** for protection and grounding: **obsidian, black tourmaline, onyx**

Care instructions: clear between uses every single time.

I suggest also including a crystal you have programmed specifically with your power animal medicine. Keeping this kind of stone near you is powerful medicine for your bag or bundle. However, you do not need to keep something this personal in a basic kit for doing shamanic work to help others. This crystal will be devoted to your self-healing,

These three types of stones are all you need for a medicine bag on the go!

Keep it simple. Let the stones come to you.

Expanding Sacred



**Selenite**



### **Obsidian**

What's so special about dark stones like Obsidian and Black Tourmaline? Why does a shamanic practitioner want to have these friends around?

First of all, consider what Obsidian actually is: cooled lava from the core of Mother Earth. Our world is full of emotional toxicity, unresolved trauma and division. What better protection could you ask for than molten lava directly from the source to transmute negativity? You can program your obsidian for protection in hostile environments. Obsidian is my favorite stone for de-possession and removing low-level energy attachments. Obsidian has been Divinely programmed to remove entities. Black Tourmaline dispels negative vibrations and clears the environment. Black tourmaline provides a feeling of security while Obsidian helps us feel safe in our bodies and integrated into the physical world.

**Black tourmaline=Yin energy**

**Obsidian=Yang energy**

Ready for more? When the time comes to incorporate more stones into your shamanic practice, here are some helpful additions for your collection:

**Spiritual connection:** Amethyst

**Grounding stones:** Petrified Wood, Ironstone, Jasper, Jade

**Chakra Balancing & Clearing 5th Chakra stone:** Blue Kyanite, Blue Lace Agate

**Solar Plexus:** Citrine, Topaz, Tiger Eye

**Navel/Sacral Chakra:** Orange Calcite, Carnelian, Rose Quartz (for emotional wounds)

**Heart chakra, Love:** Rose Quartz, Malachite, Labradorite, Jade

**Crystal generators:** Generators are powerful and can keep you up at night! Put them where you want to swirl and activate the energy. Use them on clients with low life force energy, place generators between clients' legs, position comfortably toward the root chakra.



**Quartz, Amethyst & Jasper Medicine Wheel**

## Polished or Unpolished Stones?

I always opt for the raw and uncut version of the stone but you can find some stones who are still potent, even though they have been polished. For some crystals that have been cut and altered, the trauma is still very present and they need assistance.

Other stones are very happy to be polished and used as adornment. The process of choosing and working with stones is highly intuitive. The more you engage with the stone friends and ask questions, the more you will grow your high sense perception abilities.

## Cut or Uncut Stones?

Uncut stones work better because there is more surface tension (more energy coming off the uncut side). If you have a stone that is rough and uncut on just one side, try placing the uncut part of the stone on your body while doing specific healing work. Compare the feel of the polished side and see which one feels more powerful or communicative. (**Orange Calcite pictured below**).

