

## June 2019: Moonstone

The birthstone for June, Moonstone, is believed to be the stone of destiny, mystery, change and wishes. It is strongly connected to the energy of the moon and the divine feminine, making it a very powerful stone for women. For women, it brings forth your feminine power and strengthens your connection to your inner goddess. Moonstones are worn for health, protection and to harmonize the mind. The Moonstone is for the inward journey, and meditation with it can take one deep into the self.

Sometimes referred to as “the traveler’s stone”, many people bring a few moonstones with them when they travel, especially when going over water. They are believed to provide protection and bring good luck when traveling.

**Healing Properties** Moonstone is known to assist in attuning to the normal rhythms of the biological forces of one’s body. It can aid both men and women with hormonal or thyroid problems. It will also help to lessen mood swings and relieve hormonal and stress related headaches, insomnia and nightmares. Because of its strong connection to the moon, it is said to have powerful effects on the female reproductive system such as boosting fertility, alleviating menstrual problems, and balancing the hormonal system. Good for wisdom, passion, change, new beginnings/endings, creativity, good luck, protection for travelers, happy home, soothing, self-esteem, balance, control & female energy.

**Associations** Astrological Sign: Cancer Element: Water Planet: Moon Chakra: Sacral & Crown

**History & Goddesses** Since early times, moonstone has been associated with the magic of the moon. It is believed in Hindu mythology that moonstone is made of solidified moonbeams. Hindu tradition believes this stone connects with the divine feminine principle and considers it a symbol of love. Romans believed that moonstone held the image of Diana, the Moon Goddess, who could endow love, protector of animals, wealth, power, and wisdom upon the possessor. Another legend states the stone contains the gifts of prophecy and second sight, claiming moonstone could clear the mind and allow the wearer to reach wise decisions.

Moonstone honors Cerridwen, the Welsh Goddess of Inspiration and Knowledge. She rules the gifts of prophecy and magic, and powers death and rebirth. She is the guardian of spiritual transformation. Moonstone honors Hanwi, The Sioux Moon Goddess. Her name means "Night Sun" and she guards her people during the night, protecting them from harm and from evil spirits. Moonstone honors Nyx, the Greek Goddess of the Night. She is usually seen riding in a chariot, trailing stars and painting the night sky. Moonstone honors Selene, the Greek Moon Goddess, depicted wearing a crown of the crescent moon, long robes, and carrying a torch. She travels the sky to guide and protect those in the dark. Women in particular associate with Selene, seeing in her the mystery and romance of the evening.

**Care** When tumbled, you can clean a crystal with water, put in a bowl of salt overnight, palo santo or smudges tick smoke is cleansing, as well as any quartz geode



or selenite to place it on. Cleanse it gently and often under the moonlight and try to limit its exposure to strong sunlight. By taking good care of your moonstone you will in return receive the most nourishing abundance of beautifully balanced and healing energy. You can choose either the fresh energy of the new moon or the potent presence of the full moon energy.

**How to use:** You can meditate with moonstone, wear it on your left side of your body (pockets, bra or jewelry) to receive its energy and/or wear it on your right side to help give back to others, express yourself and communicate to others.

In Feng Shui, the moonstone is used for its calming, yin energy abilities, as well as for the energy of the water Feng Shui element it re-creates. A home or an office with a lot of fiery yang energy can benefit from the ability of moonstone to bring more balance. Buddha moonstone pendants is a perfect expression of the assimilation of a more enlightened state of being.

The energy of Quan Yin and White Tara are also often expressed in various moonstone carvings and pendants. Moonstone spheres and eggs are also popular since the energy of moonstone is excellent Feng Shui for the southwest (love and marriage) bagua area. Moonstone comes in several different shades, but the light pink color moonstone is the best choice for your southwest area.

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