

# In this Mosaic...



by **Connie Brisson**

I'm obsessed with crystals.

My endless love for them first began the moment that Skye MacLachlan gave me a pair of fluorite crystals over 16 years ago.

During one of our sessions, she was feeling unexpectedly ill so I offered to do CranioSacral Therapy to try and help. I was just in the first stages of learning it and welcomed the chance to practice it. Afterwards, she surprised me by giving two pieces of fluorite stones to thank me. She said that she had *just* been guided to give them to me - that I needed them.

The pair of stones she gave me were a larger (6" high) and smaller (5" high) set of matching fluorites (a mixture of purple, green and white) that belonged with each other. It looked like a mother and daughter set in stone.

Fluorite is a deeply spiritual stone. Its energy is uplifting as it brings stability and balance to relationships. It dissolves fixed patterns of behavior, bringing order to one's life. If someone is very busy or if life feels chaotic and out of control, things start to harmoniously fall into place with fluorite. Green fluorite is excellent for clearing negative energies, dispelling emotional traumas and healing the heart chakra, while purple aids with spiritual awakening, emotional growth and understanding life's lessons.

Skye felt that the mother and daughter fluorite crystal's symbolism wasn't just about my daughter and me - it had double meaning. First it was about bringing healing energy to the relationship between my mother and I. Then it was also about helping the relationship between me and my own little daughter.

These stones became very significant to me around both of those relationships. During the confusing and difficult times of being a new mother, I found just looking and touching these fluorite stones to be enormously soothing; they brought me peace and reassurance when I sometimes floundered in my new role. Being a new mother also gave me a deeper understanding about my own Mom and our relationship. Interestingly, for the first time, I was experiencing life as both the daughter and the mother. It made me see my past differently which, of course, changed my future.

Since then, although I've added many other crystals to my collection, these fluorite stones are still one of my favorite and most treasured.

My love for crystals and gemstones also led me to create Sacred Stones jewelry - an array of mystical gemstone bracelets/amulets designed to help others with particular issues in their lives, based on the energetic healing properties of the specific gemstones used ([www.SacredStones.ca](http://www.SacredStones.ca)).

Are you curious about the benefits of crystals and gemstones? Do you have a special gemstone that you'd like to learn more about? Are you interested in learning how to access the healing properties of the stone kingdom?

At our next Mystic Meeting, Skye MacLachlan will share her personal story of how she became interested in gemstones at a very young age. We'll then explore her top "12 First-Aid Gemstones" to keep you balanced and healthy (mind, body and spirit). It's a kit of gemstones that are really useful for common illnesses or emotional issues that come up in daily life, so that when you are in difficulty (or someone you love) you don't have to search for the right gemstones to help; they are right there. For example, one of the stones in Skye's kit is blue chalcedony, ideal for anxiety or difficulty sleeping.

She has an African basket where she stores all her first-aid crystals and she'll bring it to the meeting to share with you so you can create one of your own (and ask her any questions about).

Finally during the Mystic Meeting, Skye will lead us on a guided meditation to the crystal cave. There you'll meet the guardian of your favorite gemstone and receive messages about why you're so drawn to that particular crystal. Please bring the gemstone/crystal that you're most attracted to (at this time) for this meditation.

Join us with Skye MacLachlan to learn more about how to use crystals as helpers on Tuesday, September 12, at the Lucina Centre, 9505 - 163 Street, Edmonton, 7:00 - 9:30 p.m. The cost is \$20 cash at the door and please bring a gift wrapped book for the book exchange. RSVP by September 11 at [mosaicmagazine@shaw.ca](mailto:mosaicmagazine@shaw.ca) if you can come. I hope to see you there.

*Connie*