

I have been making jewelry since I was in my twenties, and have always been drawn to the power of crystals. I can look at a stone and feel a connection, then depending on the research, it may back my impulse or lean another way, but I still feel “something”. Going through cancer, I leaned hard on my charms, crystals and quotes I either created, purchased, or was gifted. No one will ever be able to convince me my talismans didn’t help to get me through the hard times... in fact, they still do to a large degree! My favorite resource for crystals and their meanings is www.healingwithcrystals.net.au, and I wanted to share this blurb from them:

“Crystals resonate with their own energy signatures. Depending on the mineral, they display a measurable oscillation across the entire range of the electromagnetic spectrum. Even if the energy levels of crystals are of relatively low intensity, they still have a discernibly great impact because their magnetic resonance is both harmonic and continuous.

When the electromagnetic field of a crystal comes into contact with the human organism, it influences the following:

- energy flow through the meridians (energy pathways of the body)
- the activity of the chakras
- the stimulation of electrical nerve impulses
- the activity of the hormonal glands
- metabolism of cells, tissue and the organs (as the exchange of matter through the cell membranes is stimulated electromagnetically)

The aim of the different methods of application is to make the crystals work as efficiently as possible. Sometimes, it is necessary to confine the application of the crystal to a limited area, so that it becomes preferable to place or wear a crystal on a particular part of the body. If an overall effect on the whole body is desired, it often makes more sense to spend time in a circle of crystals for longer periods, or to take a gem essence.”

Just to be clear, most in the medical field do not believe healing crystals are medicine, and that they will not actually improve a medical diagnosis. But if you believe in them, they will improve your mood . Deborah Hanekamp, owner of Medicine Readings, a spiritual reading and healing service believes, “Crystals work with the core mental, emotional, or spiritual discord that is causing illness in the body and not the physical illness itself,” explains Call it a placebo effect or a way of dealing with a difficult situation. Scientists may never give these stones the time of day, but healing crystals will help you mentally feel more mindful and resilient.

I also enjoy seeing important artifacts, tokens, and symbols sprinkled around my house. I have a few small areas where I cluster these items together with a little plant, or a statue to create an altar of sorts. This is especially useful near my desk; having something that grounds me throughout the day is not only important, but pleasing to the eyes.

I have included some crystals below to help in your daily lives:

breathe Moss Agate, Amber, Amethyst , Apophyllite, Jet, Magnetite, Morganite , Black Onyx

love Atacamite, Emerald, Kunzite, Morganite, Magnesite, Mangano Calcite, Charoite, Rose Quartz

nourish Idocrase, Fluorite, Turquoise, Moonstone, Pietersite, Serpentine

BASIC YOGA SYMBOLS... vagabondtemple.com



“AUM” is the most common and sacred symbol within different spiritual traditions. Many yogis believe Aum to be the first uttered word. Considered to mirror the sound of the cosmos, chanting Aum helps us open our third eye and connect to the absolute and divine force of the universe. It allows us to tune in to a deeper place inside of us and create a clear vision of reality, one that lies beyond the conditioned mind. In practice, Aum is often used to open or close a yoga asana or meditation class. A powerful technique is to spend an entire meditation chanting Aum out loud and then mentally. This meditation will bring you tranquility, peace and bliss.



The traditional symbol for yoga is often the “**LOTUS FLOWER**” or water lily. Buddhists consider the petals to depict the opening of the heart. The flower represents our ability to come from a place of suffering into the light, much like the lotus, whose roots start in the muddy earth and rise up through the water to the light of the sun. This reminds us that we too can rise up from any difficult situation and reconnect to the light that surrounds us. The lotus asana is one of the best for meditation as it increases concentration. However, it is advised to work slowly towards the full pose, starting out with half lotus, as it can be strenuous on the knees and hip joints.



The “**HAMSA and EVIL EYE**” are found in many traditions, including yoga and Hinduism. The term hamsa refers to the five fingers and is drawn as a right hand with an open palm. The hamsa symbol is considered to bring luck, strength and protection. Many people even combine it with the evil eye symbol to counteract harmful effects. In yoga, and many other traditions, the evil eye represents the threat of jealous and malevolent stares that can be harmful to one’s health, property and prosperity. The hamsa and evil eye symbols can be worn as a talisman or hung above your front door.



The literal meaning of **“MANDALA”** in Sanskrit is “circle”, and it is often used to represent the universe, circle of life and patterns of nature. In yoga, the mandala symbolizes unity and harmony of the mind, body and soul. A useful technique is to place or hang a mandala in front of you and focus your eyes on the center. This will help draw you deeper into concentration and meditation.



The term **“BUDDHA”** means the “awakened one” and represents the founder of Buddhism. A real person, the Buddha was a former prince who gave up a lavish lifestyle to find the root of human suffering and discover the true meaning of life. His story inspires us to remember that as a normal person who liberated himself from suffering, we can do the same. It is recommended to take a moment at the beginning of a meditation to imagine yourself as Buddha with all of his qualities – open, enlightened and compassionate.



Literally, **“CHAKRAS”** means “wheels”. However, in yoga, chakras are the centers of the energetic body or the aura. While we have many throughout the body, there are seven major chakras. Each has its own meaning, significance and responsibility for different physical, mental, emotional and spiritual aspects of our being. When an individual travels on the path of enlightenment, he/she must balance these seven chakras to achieve harmony and peace in his/her life. In yoga, each asana works to increase the flow of energy into a specific chakra and clear any negativities from it. Even simply focusing on the chakra location and visualizing its color will help us to clear and activate it.



“NAMASTE” is a greeting in ancient Sanskrit that is still used in India and Nepal. In the yogic tradition, it is commonly used to welcome practitioners to a course and conclude the practice. It literally translates to mean the divine spirit within me recognizes and greets the divine spirit in you.

On the whole, those who practice yoga will benefit from understanding the meaning and spiritual significance of these yoga symbols. Further, incorporating them into your practice can deepen your connection to the spiritual world and maximize the benefits of yoga and meditation. At the same time, each individual can also create and add his/her own symbols based on personal experience and preference.