

) (**moon by moon gem & mineral essence descriptions: 2018**) (

∞ **abalone** (Haliotis rufescens)

this essence was made in savannah/ga at the stroke of midnight on 13.march, 2016 until the sun came up that morning. it is made with a small bit of abalone shell that i found along the shores of the california coast. this essence is about conversing with the mother tongue: it connects us to the primordial place we all come from. it is about listening: like putting a shell up to your ear to hear the ocean inside. it has an affinity for the soft spots in us: tendon, tissue, smooth muscle, the guts, uterus, tongue--all things encased by the bones of the body. replenishes exhausted states, allows us to reflect & receive. reminds us that we are connected to the vast rhythm of the world & the deep waters on the sea

∞ **amethyst**

this essence was made in savannah/ga on the night of 08.february, 2016 while the new moon was in aquarius. this essence is about clarity: of vision, of mental space, of intention, & of consciousness. like a cool stream, it clears the mind that is foggy, too full, unfocused, or closed off/has a blind spot to the perspectives or experiences of others. helps us to perceive things as they are & eases swarming thoughts thus allowing for focus. it is said to help cure headache & hangover & to even prevent drunkenness because of its connection to bacchus, the greek god of the grape harvest, wine, & celebration. amethyst keeps our heads cool, calm, & collected allowing for true sight & understanding to emerge from within us--encourages us to envision & realize our dreams

∞ **carnelian**

this essence was made as the new moon passed from pisces into aries in march, 2018. carnelian is a stone of warmth, joy, confidence, health, motivation, & creativity. this essence feeds our inner fire, it nurtures us from the inside out, from the soul onwards. this essence is like an ember that won't go out, helping to fuel & light our ways, even when we feel the way is dark, uncertain, or full of shadow. carnelian bolsters us, imbues us with bravery, energizes us, helps us to transmute through fire, & free ourselves as we transform from one form to the next. like the myth of the salamander who is renewed by fire, this essence rejuvenates & fills us with the fire of life

∞ **chain of gold**

made while the sun & moon were in taurus on the night of the 26th of april until sunrise the following morning. this essence surrounds us in halo, a golden ring of light. it thus allows us to feel the radiating warmth & joy of life, to feel energized & filled with creative inspiration. reminds us of our own inner wealth, restores our reserves, brings

us into contact with our personal strength & endurance. also connects us to our ability to manifest our desires into reality, to feel confident to shine, to nourish an unbreakable spirit

∞ **citrine**

made in savannah/ga while the new moon was in aries on 18.april, 2015. it sat on my windowsill all afternoon soaking up the sun. an essence that tends to & brings our solar plexus into balance. it is energizing, invigorating, & helps us to build our personal strength & vitality. it feeds our reserves, bolsters our confidence, & instills courage. it is an essence of initiation/beginnings, but also of restoration. it helps us that if we don't take the time to take of ourselves, then nothing will really get done. gives us the motivation to put things in motion, but it also helps us to rest when we seemingly can't slow down or tend to our own needs. inspiration & pause. inhale & exhale. the fine line between creative force & running one's self into the ground. it keeps our fire in check, so that it doesn't all go out at once, but rather burns steady

∞ **double clear quartz**

made with two pieces of clear quartz on the vernal equinox of 2017. it was left outside to soak in the sunny day, the birdsong, & the spring breeze. i rang a bell over it & then allowed it to sunbathe from late morning until late afternoon. clear quartz is by far one of the most versatile stones & can be used in a myriad of ways: in a pinch, clear quartz can be used as a substitute for any other quartz relative. this essence is deeply & fervently renewing, cleansing, clarifying, & directive. like a crisp breeze & the first waters running free from under the ice

∞ **emerald**

made throughout the entire day, until sunset, on the summer solstice of 2016 in raleigh/nc with two pieces of raw emerald, surrounded by all the greens of the plant life which thrives under the midsummer sun. saint hildegard von bingen once said, "all the green of nature is concentrated within the emerald," which i believe speaks much to the essence itself. it is an essence that captures the lushness of life—the pulsing, growing, vibrant collective which we & the rest of the world's creatures are part of. it is harmonious, celebratory, expansive, & inspiring. at its core, it is a heart medicine & is the heart's song. in this essence is the great rallying call to life: "the green of growing things" as translated from the sanskrit name for emerald, *marakata*. teaches us about living in balance & harmony with self, another, the world at large. imbues freshness of spirit, vitality, & reverence. additionally, brings that same sense of love & reverence to the user, especially in regards to self-esteem, confidence, & compassion towards the self. nurtures the heart & imparts the energy of friendship, love, loyalty, & domestic bliss to partnerships

∞ **herkimer diamond**

this essence was made on the summer solstice of 2015 in savannah/ga. it is known as the "stone of attunement" & acts as such in the body. like a ray of light, it helps to clarify our desires & how we express those desires; inspires movement through places in the mind that are stuck or blocked; energizes us, encourages us to put ourselves "out there". clears the way of things which aren't working so we can accept new ways, perspectives, or gifts. a celebration of our light & how we share it with others: like a prism, dispersing our inner light out into the world

∞ **labradorite**

this hypnotic stone was made into an essence in october, 2017. there is a myth that tells of the creation of labradorite: that it fell from its place in the northern lights to become the stone as we know it. this essence is a deep & oceanic song. it swaddles us in its mysterious waters, holds us down in the very seat of ourselves, & yet gives us such an expansive vision of the stars... of the night sky, filled with the otherworldly light of the aurora borealis. magical, yes. thus this essence connects us to our inner magic, the hidden thing, the consciousness we have underneath our waking worlds---that of dreams & reflection. it allows us to acknowledge & interpret the synchronicities that connect us to a greater sense of knowing in our day to day lives

∞ **malachite & morning rain**

this essence was made with a small piece of malachite on a night early in august & was left outside where it collected the next morning's rain. it is refreshing & sends a ripple effect of this freshness throughout the entire body. it is about following the topography of the heart: following its path, like tracing the rings of a tree. it aids us in transformation while reminding us to hold onto what is important to us. re-instills our inner beliefs as we transition from one form to the next. strengthens our sense of faith when we feel it is being tested, when we feel under pressure

∞ **obsidian**

made on the new moon in aries on 27.march, 2017 until the following morning in raleigh/nc. obsidian is a natural form of glass. this essence is helpful for surrendering into the dark—for going through the looking glass. it is very protective & grounding, so there is an element of feeling supported & having a foundation even as we traverse the deep. helps us to face our shadows & connect to the underworld. aids us as we align with our most authentic/truest selves, with our purpose. encourages us to bring this out & into the light

∞ **rhodochrosite**

made with mindy of [sea song & root](#) over a few days & nights in december 2015 while the sagittarius moon sat up in the savannah/ga sky. this is a remedy for the feeling of home-sickness & for the feelings associated with it: wanderlust, or for missing out on something. for that type of feeling you can't quite put your finger on, but that sits in the gut. helps us to feel at home in the world at large, to appreciate & nourish ourselves/the body we have a home in as well as the physical location we may be in. puts the earth under our feet, settles the stomach, instills self-compassion, & broadens our perception of home

∞ **rose quartz / nola**

this rose quartz essence was made in new orleans on 14.march, 2015 at the maypop herb shop. it is heart medicine & deeply healing---it softens us, yet helps us to have & create strong boundaries. it is patient yet it also pushes us. it teaches us openness, tenderness, & that it is okay to cry. it reaches to our very core, our heart of hearts, & says, "sit, rest awhile, be here, you are safe". it reminds us to exhale, & gently pushes us forward. because it has so many calming, soothing, grounding, & loving qualities to it, i use it for both acute & chronic trauma, to relieve stress, for panic attacks, & as a general panacea for emotional strife

∞ **rose quartz/vernal equinox**

made in bridgton/me on the night of the 2014 vernal equinox, while i lit a fire in the woodstove & burnt many a thing & chanted over & over: "i am morning/i burn noontime/wash through evening/ground into night/call me in/equinox is here/let's bud," & let it sit over-night on the windowsill in a little crystal cup until the following morning. it sat beside the fire as it turned to ashes. it took in the shifting of the stars & the first specks of sunlight & the rise of the morning. it is a guardian/witness/midwife of the winter turned spring -- the work that was done under the ice & snow, the stirring of the rootlets & buds. this essence instills an immense peace & calm in the heart, like the moments after one has finished crying. it is a soft hand upon the heart & it is a glimmer. a remedy full of spring: a newness, a thawing, possibility, hope, & budding. a warm promise of what's to come

∞ **selenite**

made in savannah/ga on the night of 20.january, 15 while the new moon was in aquarius on the lunar imbolc, until the following day. it is an essence of reflection & refraction; the angular & the rounded; the laws of attraction --- where what one lacks, one draws in & vice versa. it shows us the mirror image, the congruency, the way we meet in the middle: a convergence. allows us to sit in the in between, the liminal spaces between what once was & what will be. helps us meditate & tune into our

subconsciousness. it is the reflection of the moon in the still darkness of the lake water & it is the bright hollow of the sun hitting your eyes: helps us understand that which we can't grasp/hold. it is sphinxes & the answer to their riddle

∞ **smokey quartz** (dark & stormy)

this essence was made at 5.00 in the morning on the full lunar eclipse in aries on the 8th of october, 2014 in jamestown/ri at beavertail & at mackeral cove. the smokey quartz was washed in sea water & rolled in sand; the jar caught a bit of rain water from the thunderstorm overhead. this essence is about conflict resolution -- helping us to resolve conflict within ourselves &/or with others. it is about balance between the the binaries; about helping us reach equilibrium & to become level with the horizon. it reminds us we need not look so hard/fight too much to see the answer: that even a a glimpse provides us with clarity & knowing. an anchor, a storm, & the calm after it. insight despite the clouds which may be covering. also protective, harmonizing---allows us to do our work under the cover of the smokey veil this stone provides. felt in the torso & the muscles of the lower back

∞ **tektite**

made under the new moon in scorpio, november 2017, in raleigh/nc. tektite or inkstone is a naturally-formed silicate glass, thought to have been made by a meteorite's impact on the earth, whose heat melted the soil & stone around it & upon cooling created tektites. it was said that this stone would make a ringing sound when hit with raindrops, & that it belonged to the thundergods. this essence is about ringing clear. imagine that upon taking it, you get to clear away your internal landscape, that it will wash away whatever does not *ring true for you*. it reminds us that we have the ability to start fresh from a clean slate, to transfigure, to re-draw our lives so that they may align with our innermost desires. for rising from the ash that has freshly fallen from the stars

∞ **turquoise**

made under the full strawberry moon in sagittarius on 09.june, 2017 until the following morning in raleigh, nc. it was placed in the smallest drinking glass i have: a cordial cup, & thus has become the smallest essence i have ever made—a reflection of the rarity of this stone, which is currently on the verge of extinction from over-harvesting. this is an essence of remembrance & expansion. clarity of purpose, in communication, envisioning, & perspective. helps us to make room inside of ourselves to imagine the impossible as possible; that we can create our reality by simply dreaming it. it is both intricate, in the details & expansive: a reminder of the rarity of the planet we live on in the vastness of the universe, as well as the rarity of *you* living on this singular planet held in the palm of an unfathomable universe. helps us to not take our planet or

ourselves for granted: reminds us to cherish the earth we live on & the unique body that you live in. protective, soothing, & full of movement