

Bumps in the Night!!!!

August 2013 Issue

Paranormal "U"

Use of Sage and Crystals

By Jenni Garcia, TnT Paranormal Investigators LLC

Crystals and Sage are used today, as they have been used throughout history. The burning of herbs for ritual purposes is found cross culturally, be it Sage, Sweetgrass, Oak Moss or herbal resins such as Frankincense. Likewise, the use of crystals and other semi precious stones, for more than adornment, goes back at least as far as ancient Egypt.

Sage

Sage has its origin in the Mediterranean though can be found throughout the world with more than 2000 species. Sage is cultivated for culinary purposes, medicinal remedies and ritual purposes. The Latin for sage is Salvia, stemming from the word "to heal". Burning sage is considered one of the oldest methods of cleansing a person or space, however, other qualities such as giving wisdom, clarity and increasing spiritual awareness are reflected in the name. Interestingly enough, there have been studies that show the use of sage has benefited those with mild to moderate Alzheimer's disease.

Smudge sticks are most commonly made up of white sage (*Salvia apiana*), however other herbs can be added or used in place of. Such herbs are; common sage (*Salvia officinalis*), rosemary, lavender, juniper, cedar and sweetgrass. White sage is native to southwestern United States and northwestern Mexico hence more commonly used by Native Americans.

Smudging itself is a way of using the smoke from burning herbs as a way to cleanse the body, an object or space of negative energy. The act of smudging is regarded as psychologically and spiritually cleansing. Smudging can be done after an illness, an argument, a not so pleasant guest or as part of ones regular cleaning schedule. The same herbs that are burned in a smudge stick can be added to water for washing floors, windows or used as potpourri. In Medieval times sage and lavender were sprinkled in to the corners of rooms as a way of masking to odors of everyday life.



Bumps in the Night!!!!

August 2013 Issue

Paranormal "U"

Use of Sage and Crystals

Sage can be smoked as well. When smoked, it can be mixed with other plants such as white clover, bear berry leaves and mullein. This creates the Kinnikinic smoking mixture to be used in the sacred pipe. The smoke is given as an offering to the Spirits. The pipe itself acts as the line to the Spirits and the smoke, as it rises, carries the messages. Those who share the pipe and the smoke, share the same breath.

Crystals

For centuries crystals have been worn, given based on their protective and healing powers. Ancient peoples wore them as amulets or on their clothing, in the Middle Ages they were worn to guard against the plague. The Victorian Era had a magical quality to it, rich in symbolism. Their adornment was not just a show of finery but a way of showing tribute; rituals of courtship, remembrance of loved ones by way of jeweled pieces. These traditions as carried out today, for instance, giving and wearing of birthstones for luck, life and health.

Crystals continue to be worn in pendants, rings or other types of jewelry. They are carried in small pouches or placed around ones home and workspace. Crystals are able to retain and focus electromagnetic energy thus are powerful tools in blocking negative energy and drawing positive energy. They aid in stimulating the body's energy flow, also working to balance it. In some healing techniques, crystals are placed on chakra points and energy meridians to enhance the energy to an ailing chakra. Evidence of the use of crystals in healing can be found in nearly every society.



Bumps in the Night!!!!

August 2013 Issue

Paranormal "U"

Use of Sage and Crystals

Some commonly known crystals and their properties:



Amethyst: This purple and white stone is believed to have wonderful healing and cleansing abilities. It is used to reduce anger and impatience as well as ease headaches. The amethyst can be used to clean other crystals as well and is used for enhancing intuition and psychic abilities.



Turquoise: This stone is believed to benefit lungs and the throat. Due to its copper content, it is also believed to be a good conductor for the healing force. Turquoise is also good for protection.



Pearl: Thought to be the gem of hope and inner strength.



Ruby: Thought to boost blood circulation and to attract love, courage, confidence and help one triumph over adversity.



Quartz: A term that can be used for several types of crystals including amethyst and topaz however clear quartz is what it is most commonly associated with. Quartz is used to rid an area of negative vibration and electromagnetic toxins. Quartz has been associated with the enhancement of ones ability to foretell the future.

Additional Information

- Medicinal uses of sage: <http://www.offthegridnews.com/2011/05/23/medicinal-uses-for-sage/>
- Extensive listing of crystals: <http://www.thatcrystalsite.com/guide/properties-glossary.php>
- Amethyst: <http://crystal-cure.com/amethyst.html>
- Turquoise: <http://minerals.usgs.gov/minerals/pubs/commodity/gemstones/sp14-95/turquoise.html>
- Pearl: <https://en.wikipedia.org/wiki/Pearl>
- Ruby: <http://en.wikipedia.org/wiki/Ruby>
- Quartz: <http://en.wikipedia.org/wiki/Quartz>