



Crystal

J O U R N E Y S

An ebook in twelve parts by

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PART EIGHT

Scorpio

MALACHITE

The journey into the underworld

<i>MONTH</i>	<i>STAR SIGN</i>	<i>CRYSTAL</i>	<i>ZODIAC SIGN</i>
November	Scorpio Oct. 23 - Nov. 21	Malachite	Scorpio

In the northern hemisphere, when the sun reaches Scorpio it is dying, descending to the shortest day. This is the place of taboo things, of unexpressed feelings, compulsions, obsessions and the hidden passions of long night. In secretive Scorpio you explore your own inner darkness and find the treasure at its heart. You embrace your passion, learn not to fear death, and master your power. Scorpio has a tendency to dwell on the past, to seek vengeance - and to self-destruct. This sign is known for the sting its tail and for a sarcastic tongue but Scorpio as often kills what it loves best - and itself - as others. This is the very nature of Scorpio but it hides a powerful secret: what dies can be transformed and reborn.



Crystal: Malachite

An intense and effective energy conduit, Malachite is crystallised power. An excellent stone for accessing other worlds, inner or outer, its convoluted patterns bring up insights from the subconscious mind, illuminating what lurks in the hidden corners. It is the ideal stone to rout out an inner saboteur or destructive critic. A stone of transformation, it is merciless in its demand that you take a hard look at psychosomatic and karmic causes of dis-ease, and that you break ties with the past. A toxic stone (always use in its polished form) that draws off negativity at all levels, it brings you face to face with whatever is blocking your spiritual path and assists in its transformation. A cleanser for the emotional body, it releases ancient trauma and outgrown feelings, offering deep emotional healing. This stone facilitates taking responsibility for your own actions and shows that thoughts have consequences as do repressed feelings. It is the perfect stone to assist in letting go of ego-identity and everything that restricts your sense of true self. Its protective influence guards and guides you on your journey through the underworld, takes you through death and facilitates the regeneration of your true self.

The Journey

This journey goes into the Egyptian underworld and through the 12 gates of the Duat stripping away everything that gives you your ego-identity, facilitating dying to the old self so that you enter into the new. It is not a ritual for the faint-hearted. Best performed at the dying edge of the year, the time when everything withers and decays so that it can spring again into new life, each week offers a journey through a different number of gates. Do not be tempted to hurry this process, take your time and if necessary return to a gate several times until you are ready to move onto the next. If it feels comfortable, do one gate a day or perhaps over two days. You may find that the guardians of the gates have questions for you, if so, consider very carefully before answering.

A traditional spell of protection for those who venture into the Duat:

Be gone foul beasts and creatures of the depths of night. Return to him that sent you.

Be gone great snake that waits to strike, resist me not. Return to your lair.

Be gone triple headed demons of Set, return to the far reaches of the desert to him who made you. Be gone in the name of light.

Walls stand firm, hold your place. Protect those who come in light. Protect me.

Crystal Journey: Scorpio Malachite

Remember to prepare your crystal before commencing the journey.

WEEK 1: Sit comfortably and close your eyes. Without opening your eyes, look up to the point above and between your eyebrows: your 'third eye'. Feel this eye open. Breathe gently and withdraw your attention from the outside world, focusing it deep inside yourself. Hold your Malachite in whichever

hand feels comfortable and be aware of powerful transforming energy radiating out from the stone and enfolding you in its merciless grip. This is not a gentle stone, explore its strength, its passion, its intent. Feel how it grips you, draws off layers of negativity, strips away pretence and lays you bare, scouring your soul.

When you are ready, let your eyes go out of focus and gaze at the whorls of the Malachite in your hand. Follow these whorls inward towards the centre and, as you close your eyes, you see in your mind's eye a tunnel leading steeply down towards a gate. This is the first gate of the Duat. The entrance to the underworld.

As you approach the first gate, strip off your clothes and leave them before the gate, putting off the outward appearance that you showed to the world.

Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

As you approach the second gate lay before it your inner appearance, the picture you have of yourself. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

As you approach the third gate, lay before it your personality, the face you put on to meet the world, the way you have learned to be. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

As you approach the fourth gate, step out of your ego, the constricting small-self. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

Ask the Malachite to guide you gently back out of the Duat, back to your starting point but leaving the way open to return.

When you have finished the journey, wrap the light of the Malachite around you, feel it crystallise at the outer edges of your aura, protecting you within a bubble of light. Thank the crystal for its light.

Take your attention down to your feet. Be very aware of the contact they

make with the earth. Feel them holding you and grounding you on the earth and into your body. Then, when you are ready, open your eyes.

Questions to consider:

How did it feel to have pretence stripped away, my soul scoured?

Did the guardians of the gates have questions for me?

How did I answer?

How did it feel to let go of my personality, my outward identity and my ego-self? What remained?

WEEK 2: Sit comfortably and close your eyes. Without opening your eyes, look up to the point above and between your eyebrows: your 'third eye'. Feel this eye open. Breathe gently and withdraw your attention deep into yourself. Hold your Malachite in whichever hand feels comfortable and be aware of powerful energy radiating out from the stone and enfolding you in its merciless grip. This is not a gentle stone, explore its strength, its passion, its intent. Feel how it grips you, draws off layers of negativity, strips away pretence and lays you bare, scouring your soul.

When you are ready, let your eyes go out of focus and gaze at the whorls of the Malachite in your hand. Follow these whorls inward towards the centre and, as you close your eyes, you see in your mind's eye the tunnel leading steeply down into the Duat, the entrance to the underworld.

Pass through it and let the Malachite guide you to the last gate, the fourth that you passed through, the guardians standing aside. But if they challenge you and have questions, answer truthfully.

As you approach the fifth gate, leave your past behind, let your programming fall away, your patterns dissolve. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

As you approach the sixth gate lay before it your hopes and wishes for the future. Hold your head high, take your courage in both hands and step past

the guardians of the gate. If they challenge you, answer their questions truthfully.

Ask the Malachite to guide you gently back out of the Duat, back to your starting point but leaving the way open to return.

When you have finished the journey, wrap the light of the Malachite around you, feel it crystallise at the outer edges of your aura, protecting you within a bubble of light. Thank the crystal for its light.

Take your attention down to your feet. Be very aware of the contact they make with the earth. Feel them holding you and grounding you on the earth and into your body. Then, when you are ready, open your eyes.

Questions to consider:

How did it feel to undergo further soul scouring?

How did it feel to lay aside my hopes and wishes, my programming, my dreams of the future?

Were these dreams in fact mine, or had I taken them on from someone else?

What new hopes and goals can I formulate?

How would these serve my soul?

WEEK 3: Sit comfortably and close your eyes. Without opening your eyes, look up to the point above and between your eyebrows: your 'third eye'. Feel this eye open. Breathe gently and withdraw your attention deep into yourself. Hold your Malachite in whichever hand feels comfortable and be aware of powerful energy radiating out from the stone and enfolding you in its merciless grip. This is not a gentle stone, explore its strength, its passion, its intent. Feel how it grips you, draws off layers of negativity, strips away pretence and lays you bare, scouring your soul.

When you are ready, let your eyes go out of focus and gaze at the whorls of the Malachite in your hand. Follow these whorls inward towards the centre and, as you close your eyes, you see in your mind's eye the tunnel leading steeply down into the Duat, the entrance to the underworld.

Pass through it and let the Malachite guide you to the last gate, the sixth that you passed through, the guardians standing aside. But if they challenge you and have questions, answer truthfully.

At the seventh gate, lay before it your family, your parents, your partner, your children, your friends. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

Ask the Malachite to guide you gently back out of the Duat, back to your starting point but leaving the way open to return. When you have finished the journey, wrap the light of the Malachite around you, feel it crystalise at the outer edges of your aura, protecting you within a bubble of light. Thank the crystal for its light.

Take your attention down to your feet. Be very aware of the contact they make with the earth. Feel them holding you and grounding you on the earth and into your body. Then, when you are ready, open your eyes.

Questions to consider:

What further pretence did I have to lay aside?

How did it feel to leave partners, family, parents and friends behind?

Was I lonely or excited by the journey towards my reborn self?

Where am I dependent and needy and where am I independent and free?

WEEK 4: Sit comfortably and close your eyes. Without opening your eyes, look up to the point above and between your eyebrows: your 'third eye'. Feel this eye open. Breathe gently and withdraw your attention deep into yourself. Hold your Malachite in whichever hand feels comfortable and be aware of powerful energy radiating out from the stone and enfolding you in its merciless grip. This is not a gentle stone, explore its strength, its passion, its intent. Feel how it grips you, draws off layers of negativity, strips away pretence and lays you bare, scouring your soul.

When you are ready, let your eyes go out of focus and gaze at the whorls of the Malachite in your hand. Follow these whorls inward towards the centre and, as you close your eyes, you see in your mind's eye the tunnel leading steeply down into the Duat, the entrance to the underworld.

Pass through it and let the Malachite guide you to the last gate, the seventh that you passed through, the guardians standing aside. But if they challenge you and have questions, answer truthfully.

As you approach the eighth gate, bring to mind all the names you have been known by. Lay them before the gate. Step through with no name. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

As you reach the ninth gate, lay before it your etheric self. Fly forth in your ba, the soul bird. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

And at the tenth gate, leave your akhar, your soul essence. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

At the eleventh gate lay your I, your sense of individuality, of self. Become unfettered spirit. Hold your head high, take your courage in both hands and step past the guardians of the gate. If they challenge you, answer their questions truthfully.

And then step through the final gate, into the twelfth level of the Duat to meet Anubis who weighs your heart. A great black jackal headed god, waiting by the scales with Maat, mistress of the cosmic order and justice.

When the weighing is complete, enter into the presence of the Lord Osiris, a great green Malachite god. Lay an offering before him. Petition for a good rebirth. Be still, pause awhile. Be with your immortal Self.

And surrender to the god, let go into nothingness.

Feel the energy of the Malachite take hold, feel it whirl you around gradually reforming who you are, you are being moulded, shaped like clay on Ptah's

wheel and he is breathing you back to life. Check out your body, make any amendments or healings necessary.

“Go forth with blessings, my child,” the Lord Osiris sends you on your way. Power pours into you. The portal bursts open, you are reborn into sunlight.

Ask the Malachite to guide you gently back out of the Duat, back to your starting point. When you have finished the journey, wrap the light of the Malachite around you, feel it crystalise at the outer edges of your aura, protecting you within a bubble of light. Thank the crystal for its light.

Take your attention down to your feet. Be very aware of the contact they make with the earth. Feel them holding you and grounding you on the earth and into your body. Then, when you are ready, open your eyes.

Questions to consider:

What was my experience of death and rebirth?

did it feel to totally let go, to surrender to the god of death, to be in nothingness and then to be moulded by the god of creation, to be fired on his wheel?

Were there any amendments and healings that I needed to make to my new body? How can I move into my new life?

Sun-sign insights: Scorpio

What do I hold onto?

How do my fears and negativity prevent me from moving forward in my life?

What do I need to transform?

How can I make the best use of my power and my passion?

Crystal attunement: Malachite

How deeply did Malachite strip away my emotional conditioning?

How did it feel to be so intensely involved with the crystal?

What surprises did this crystal throw up for me?

Final reflection:

How do I connect with my hidden depths and use the insights I find there?

What qualities did I discover in this crystal and within myself?