



# *Crystal*

J O U R N E Y S

An ebook in twelve parts by

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PART ELEVEN

# Aquarius

## LABRADORITE

### The journey to the future

<i>MONTH</i>	<i>STAR SIGN</i>	<i>CRYSTAL</i>	<i>ZODIAC SIGN</i>
February	Aquarius Jan. 20 - Feb. 18	Labradorite	Aquarius

When the sun moves into humanitarian Aquarius the soul begins to look way beyond the personal self and the immediate present into what will be best for the collective whole. This unconventional sign lives in the future and is one of the movers and shakers of society with a strong social conscience. This is where the soul recognises the individual value of each soul and the contribution they make to the whole. A great believer in equality for all whilst at the same time recognising that not everyone's needs are the same and, therefore, that equality does not mean similarity or conformity to a norm, Aquarius asks what will be needed for humanity to live in the future.

Aquarius is a highly original and inventive visionary although often misunderstood by the rest of humanity as it is so often before its time. This quirky personality can be eccentricity crossed with mad professor, genius with misfit, intuition with intelligence. Revolution, evolution and rebellion feature strongly in the Aquarian way of life - although in a strange way rebellion itself can become a rut. Surprisingly, given the sign's emphasis on personal freedom, fanaticism and bigotry can run deep when Aquarius remains too attached to an idea. This sign seeks a perfect world.



## Crystal: Labradorite

Labradorite prepares both the body and soul for connection to higher spiritual realms and encourages interdimensional journeying. Its iridescent flashes link to other worlds. This mystical and protective stone raises consciousness to a new level and deflects unwanted energies from the aura. Labradorite takes you to a point of interface between your energies and that of another so that you can see and be aware but not take into yourself that of which you become aware. It protects against being overwhelmed with your own or another's pain or emotions whilst still allowing awareness and compassion for the situation. Banishing unnecessary fears and insecurities and removing the psychic debris from the past, it strengthens trust in the universe. Labradorite sends back other people's projections or ill-wishing, including thought forms that may have hooked into the aura, so that a more spiritual level of interaction can be reached. This stone balances analysis and rationality with inner sight making it the perfect companion for the forward-looking Aquarian mind. Its ability to stimulate psychic gifts helps to see into the future and to recognise what will be needed for humanity's survival. This stone is a useful support throughout necessary change, imparting strength and perseverance.

# *The Journey*

This journey takes you into the centre of the galaxy to connect to universal consciousness and then to explore the multi-dimensional world in which we have our being. It takes you far out into the future so that you can bring back wisdom for the present moment and beyond. The journey is repetitious so that deeper insights can open up as you proceed into other dimensions and more potential is accessed.

## Crystal Journey: Labradorite

Remember to prepare your crystal before commencing the journey and to ensure that your shamanic and cosmic anchors are in place (see Sagittarius)..

**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 Labradorite in whichever hand feels comfortable and be aware of its energy travelling up your arm. Lift your arm and place the Labradorite against your third eye - above and between your eyebrows. Let it open your third eye for you and then place the stone in your lap.

Half open your eyes and look at the stone. Notice how it forms a flexible interface - not a barrier - between you and the rest of the world and how it protects your energies. Allow it to show you if you have projections or hooks from other people within your aura that need to be returned to them. If so, use the power of the stone to release and return them to their source. Take back any projections you may be putting out yourself.

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Allow the iridescent flashes of colour to take you far out into the future so that you can look back to where you sit now and assess the journey your soul is taking. Notice where you need to make amendments or where the path is hazy. Check out whether you need particular skills or insights and, if so, send them back to the you that is sitting in the chair anchoring them in the crystal for use in the future. Or, you can place them along your path at the points where the road forks or where you will need additional insight to make an appropriate choice of action so that they will be ready for you to pick up when needed. If the future doesn't look too good, change it, reframe it and note what actions you will need to take right now to ensure a positive future. Check out also whether you have any particular ideas or ideals of how the future should be that may not be appropriate, if so find a more appropriate ideal and send them back to yourself.

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When you have finished, let your cosmic anchor bring you back into your body and settle in comfortably, putting your shamanic anchor in place. When you have finished the journey, the light crystallises at the outer edges of your aura, protecting you within a bubble of light. Bring your hand down into your lap and 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:**

Did you carry projections and hooks from other people?

Were they returned to their source?

What skills will you need on your soul's journey?

How did the future look to you?

What do you need to do right now to make the future more positive?

**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 from the outside world, focusing it deep inside yourself. Hold your Labradorite in whichever hand feels comfortable and be aware of its energy travelling up your arm. Lift your arm and place the Labradorite against your third eye - above and between your eyebrows. Let it open your third eye for you and then place the stone in your lap.

Half open your eyes and look at the stone. Allow the iridescent flashes of colour to take you far out into the future so that you can look back to where you sit now and assess the journey your soul is taking. Notice where you need to make amendments or where the path is hazy. Check out whether you need particular skills or insights and, if so, send them back to the you that is sitting in the chair anchoring them in the crystal for use in the future. Or, you can place them along your path at the points where the road forks or where you will need additional insight to make an appropriate choice of action. If the future doesn't look too good, change it, reframe it and note what actions you will need to take right now to ensure a positive future. Check out also whether you have any particular ideas or ideals of how the future should be that may not be appropriate, if so find a more appropriate ideal and send them back to yourself.

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Look at how you serve humanity, the contribution you make to society and to the evolution of the earth and everyone on it, and how this can be expanded upon.

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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 skills will you need on your soul's journey?

How did the future look to you?

What do you need to do right now to make the future more positive?

What contribution can you make to society and to humanity as a whole?

**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 from the outside world, focusing it deep inside yourself.

Hold your Labradorite in whichever hand feels comfortable and be aware of its energy travelling up your arm. Lift your arm and place the Labradorite against your third eye - above and between your eyebrows. Let it open your third eye for you and then place the stone in your lap. Feel the divine energy that radiates out from the stone, feel how it flows through every pore of your being. Become one with it.

Half open your eyes and look at the stone. Allow the iridescent flashes of colour to take you far out into the future so that you can look back to where you sit now and assess the journey your soul is taking. Notice where you need to make amendments or where the path is hazy.

Check out whether you need particular skills or insights and, if so, send them back to the you that is sitting in the chair anchoring them in the crystal for use in the future. Or, you can place them along your path at the points where the road forks or where you will need additional insight to make an appropriate choice of action. If the future doesn't look too good, change it, reframe it and note what actions you will need to take right now to ensure a positive future.

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Look at how you serve humanity, the contribution you make to society and to the evolution of the earth and everyone on it, and how this can be expanded upon.

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Let the stone take you into being one with the whole of creation and beyond. Feel how interconnected all the worlds are, how the dimensions interlink, how consciousness interpenetrates and underlies everything.

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**Questions to consider:**

What skills will you need on your soul's journey?

How did the future look to you?

What do you need to do right now to make the future more positive?

How does it feel to be part of a much larger whole?

What contribution can you make to society and to humanity as a whole?

**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 from the outside world, focusing it deep inside yourself. Hold your Labradorite in whichever hand feels comfortable and be aware of its energy travelling up your arm. Lift your arm and place the Labradorite against your third eye - above and between your eyebrows. Let it open your third eye for you and then place the stone in your lap. Feel the divine energy that radiates out from the stone, feel how it flows through every pore of your being. Become one with it.

Half open your eyes and look at the stone. Allow the iridescent flashes of colour to take you far out into the future so that you can look back to where you sit now and assess the journey your soul is taking. Notice where you need to make amendments or where the path is hazy.

Check out whether you need particular skills or insights and, if so, send them back to the you that is sitting in the chair anchoring them in the crystal for use in the future. Or, you can place them along your path at the points where the road forks or where you will need additional insight to make an appropriate choice of action. If the future doesn't look too good, change it, reframe it and note what actions you will need to take right now to ensure a positive future. Check out also whether you have any particular ideas or ideals of how the future should be that may not be appropriate, if so find a more appropriate ideal and send them back to yourself.

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**Questions to consider:**

What skills will you need on your soul's journey?

How did the future look to you?

What do you need to do right now to make the future more positive?

How does it feel to be part of a much larger whole?

Can you recognise the worth and value of each individual soul?

What contribution can you make to society and to humanity as a whole?

## Sun-sign insights:

How does it feel to be able to step into the future and assess what will be needed? How can I best use this ability not only for myself but also for those around me?

Is there anywhere where my ideals actually get in my way – am I stuck in a rut no matter how unconventional that may be?

How can my soul best combine with others to bring about a better world?

## Crystal attunement:

How does the crystal hold and reflect the divine out to the world?

How does it help to open metaphysical abilities and spiritual awareness?

How does it help with travel through multi-dimensions?

How does it feel to have the stone providing an interface between the personal and the divine, between you and another?

### **Question for reflection:**

What contribution can I make to the future of humanity and the earth on which we live?

### **Final reflection:**

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