



# *Crystal*

J O U R N E Y S

An ebook in twelve parts by

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PART NINE

# *Sagittarius*

## LAPIS LAZULI

### The journey of exploration

| <i>MONTH</i> | <i>STAR SIGN</i>                | <i>CRYSTAL</i> | <i>ZODIAC SIGN</i> |
|--------------|---------------------------------|----------------|--------------------|
| December     | Sagittarius<br>Nov.22 - Dec. 21 | Lapis Lazuli   | Sagittarius        |

Sagittarius is where the soul learns to journey to the stars and to look beyond earth to the wisdom of the ages and the long, long pathway of the soul. Sagittarius is the eternal student on a quest for knowledge, asking all the great questions of life: why am I here, what does it all mean, what else is there? Sagittarius is sure there is a final answer that will solve all others: a quest which leads Sagittarius ever onwards and the big challenge is to stop and simply be. Learning to live the answers is the answer.

This sign is blunt, prone to 'foot in mouth' syndrome and telling, with devastating frankness, exactly how it is - or how it appears to Sagittarius as the sign is not above being flexible with the truth when it suits. But this sign makes an excellent companion for exploration: passionate, enthusiastic and socialable, this outgoing sign hates to be bored and always has several projects on the go. The Sagittarian impulsive spontaneity tends to loose arrows off at random as the sign acts first and thinks later. Considering what the target is helps Sag to focus.



## Crystal: Lapis Lazuli

Resembling the night sky, Lapis Lazuli has always been seen as the royal road to spiritual enlightenment and immortality. This highly metaphysical stone enhances journeying and dreamwork, opens psychic abilities and protects the soul from harm.

Alerting to psychic attack, it returns the energy to its source so that the source will recognise the harm it is doing. It can also release from ancient prohibitions against speaking out and help to track the source of dis-ease that arises from keeping quiet when it would be more appropriate to speak out. This is a small part of the self-knowledge that Lapis offers when meditated with. It is an excellent stimulator for higher mental abilities, amplifying the power of thought and stimulating creativity. Lapis highlights the value of active listening and helps you to confront truth, wherever you find it, and to accept its teaching whilst maintaining harmony with others. A source of multi-dimensional healing, placed on the throat it releases repressed anger that is causing difficulties in the throat. This stone instils the qualities of truthfulness, compassion and uprightness. Supporting love and friendship, it dissolves any tendency towards martyrdom, cruelty, self-mortification and emotional bondage and helps you to find the wisdom within.

# *The Journey*

This journey takes you to the centre of the galaxy, the point of perfect emotional, mental and spiritual balance where soul and higher self come together, and which is the jumping off point for multi-dimensional exploration. If you anchor your soul to this point, the galactic centre provides a homing beacon wherever you may journey whether in the universe or beyond. The journey then takes you into the galactic centre of yourself to meet the inner grail of pure being. The journey helps you to be a compassionate witness to your own soul's journey and to recognise what you have learned on that long, long road.

*The Book of Why: exploring your soul's journey* will help you further with this exercise.

## Crystal Journey: Lapis Lazuli

*Remember to prepare your crystal before commencing the journey.*

**WEEK 1:** Sit comfortably and close your eyes. Focus your attention on the base of your spine and down into your feet. Before commencing the journey picture from the bottom of each foot a cord snaking down into the earth, joining and twisting together about foot below where your feet touch the ground. This cord then goes deep down into the earth passing through the earth, the rocks and the stone people, on into the fiery molten magma until it hooks itself around the solid magnetic iron core of the earth. This is your shamanic anchor that will always bring you fully back into your body, holding you gently in incarnation.

Once your anchor is in place, 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 Lapis Lazuli in whichever hand feels comfortable and be aware of its energy radiating up your arm. Open your eyes and let them follow the surface of the stone, focusing on the golden flecks of light that look like the night sky. Then slowly let your eyes close again keeping the picture of the Lapis in your mind.

Let your mind wander where it will. Let it ask all its great questions of life, the universe, everything - and seek out where the answers lie. Do not try to direct it, simply follow the flow of your mind until it joins with the universal mind and provides the answers or allows you to know that the answers will come in their own good time.

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When you are ready, bring your attention back to the stone in your hand. Be aware of your shamanic anchor linking you into the centre of the earth and holding you lightly in incarnation. 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:**

What were the questions you asked?

Where these questions really important to you or just mild curiosity?

How easy was it to connect to the universal mind?

Did you receive direct answers or will you have to wait awhile longer?

**WEEK 2:** Sit comfortably and close your eyes. Focus your attention on the base of your spine and down into your feet. Before commencing the journey picture from the bottom of each foot a cord snaking down into the earth, joining and twisting together about foot below where your feet touch the ground. This cord then goes deep down into the earth passing through the earth, the rocks and the stone people, on into the molten magma until it hooks itself around the solid magnetic iron core of the earth. This is your shamanic anchor that will always bring you fully back into your body, holding you gently in incarnation.

When your shamanic anchor is in place, 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 Lapis Lazuli in whichever hand feels comfortable and be aware of its energy radiating up your arm. Open your eyes and let them follow the surface of the stone, focusing on the golden flecks of light like the night sky.

Close your eyes and feel your awareness being drawn up and out through the soma chakra located above your third eye, rising higher and higher until it leaves the earth far behind. Your destination is the galactic centre at the end of Sagittarius. It is the still point around which the galaxy whirls. You will see the figure of the Archer outlined in stars in the deep blue of space. Allow yourself to be drawn to this figure and hook yourself a silver cord onto the point of the arrow notched into the Archer's bow. You will see this cosmic anchor streaming away beneath you until it reaches the soma chakra high on your brow. This silver cord will always bring you home to your body whenever you travel to the stars or into other dimensions.

Pay attention to the point of the arrow. Is it pointed in any specific direction? Ask yourself if it is focused towards your goal in life, your soul intention or that of your ego (do not judge the answer, simply acknowledge it)? Look at where you act impulsively and where a few moments contemplation before acting might be beneficial. Reflect on the difference between spontaneity and impulse. Spend a few moments pondering whether you are fixed on an

outgrown goal and whether a new goal would serve your soul growth more beneficially. If it would be appropriate to point the arrow in a specific direction, do so.

Allow yourself time simply to be with the Archer and the starry depths of the sky. Find the point of perfect balance that exists there. Take it into your heart.

If you are pulled by one of the stars or to another dimension, allow yourself to travel there. Spend time learning all you can, and then return back to the arrow's point once again.

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Then allow the silver cord to gently reel you back into your body, feel it pulling you back in. Settle yourself comfortably, giving a little stretch and moving your fingers and toes.

When you are ready, bring your attention back to the stone in your hand. Be aware of your shamanic anchor linking you into the centre of the earth and holding you lightly in incarnation. 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 find the point of perfect balance?

What were your goals and intentions?

Did these belong to your soul and your higher self or to your ego?

Were they appropriate for you or did they belong to the past?

Did you set a new intention?

Are you fully focused on your goal?

Did you go to a specific star?

If so, find out all you can about the meaning of that star.

**WEEK 3:** Sit comfortably and close your eyes. Focus your attention on the base of your spine and down into your feet. Before commencing the journey picture from the bottom of each foot a cord snaking down into the earth, joining and twisting together about foot below where your feet touch the ground. This cord then goes deep down into the earth passing through the earth, the rocks and the stone people, on into the molten magma until it hooks itself around the solid magnetic iron core of the earth. This is your shamanic anchor that will always bring you fully back into your body, holding you gently in incarnation.

When your shamanic anchor is in place, 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 Lapis Lazuli in whichever hand feels comfortable and be aware of its energy radiating up your arm. Open your eyes and let them follow the surface of the stone, focusing on the golden flecks of light like the night sky.

Follow your Lapis to the place of perfect balance and take time to simply be.

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Then allow your Lapis to take you to a place of wisdom and skills. To where you can recognise all that you have learned on the long journey your soul has taken over aeons of time. Reconnect to your spiritual gifts and your metaphysical abilities. Allow yourself to simply know.

Remember that your silver cord will draw you back to your body at the appropriate time.

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When it is time to return, allow your silver cord to bring you back to settle comfortably into your body. When you are ready, bring your attention back to the stone in your hand. Be aware of your shamanic anchor linking you into the centre of the earth and holding you lightly in incarnation. 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:**

How easy is it for you to simply be?

What skills and abilities have you learned on the long journey of the soul?

**WEEK 4:** Sit comfortably and close your eyes. Focus your attention on the base of your spine and down into your feet. Before commencing the journey picture from the bottom of each foot a cord snaking down into the earth, joining and twisting together about foot below where your feet touch the ground. This cord then goes deep down into the earth passing through the earth, the rocks and the stone people, on into the molten magma until it hooks itself around the solid magnetic iron core of the earth. This is your shamanic anchor that will always bring you fully back into your body, holding you gently in incarnation.

When your shamanic anchor is in place, 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 Lapis Lazuli in whichever hand feels comfortable and be aware of its energy radiating up your arm. Open your eyes and let them follow the surface of the stone, focusing on the golden flecks of light like the night sky. Hook your silver cord into the galactic centre and spend a little time with the Archer at that point of perfect balance.

Reflect on your soul journey and have compassion for yourself and all that you have been through on that long, long road. Return to perfect balance whenever you feel yourself waver.

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Now bring the perfect balance back down the cord with you and take it from the soma chakra at the hairline down through the third eye above and between your eyebrows, down into your throat chakra and then into the higher heart chakra located just above your physical heart. Fill this space with perfect peace and unconditional love and compassion. This is the inner grail of perfect inner peace. Recognise that above and below are one. Rest here awhile.

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When you are ready, bring your attention back to the stone in your hand. Be aware of your shamanic anchor linking you into the centre of the earth and holding you lightly in incarnation. 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:**

How easily was it to simply be in the pure peace of the galactic centre?

Was it possible to transfer that peace into your own inner heart grail?

How unconditional and compassionate can you be towards yourself and your journey?

## Sun-sign insights: Sagittarius

How much of my character is impulse and how much caution?

How carefully do I plan and how much do I leave to chance?

How much am I driven by a need to know and how often do I fail to ponder the consequences or simply enjoy having the answers?

**Question for reflection:** Can I allow myself to simply be and to witness my soul journey with compassion? Are there times when I am too impulsive and others when spontaneity would be beneficial?

## Crystal attunement: Lapis Lazuli

Was I able to be with the peace and spiritual enlightenment of the deep starry sky that is Lapis Lazuli?

What were the spiritual and metaphysical gifts that I have gained?

**Question for reflection:** Was I able to feel one with all that is?

**Final reflection:** What qualities did I discover in this crystal and within myself?