



# *Crystal*

J O U R N E Y S

An ebook in twelve parts by

*Judy Hall*

PART SEVEN

# *Libra*

## MANGANO CALCITE

### The journey into relationship

<i>MONTH</i>	<i>STAR SIGN</i>	<i>CRYSTAL</i>	<i>ZODIAC SIGN</i>
October	Libra Sept. 23 – Oct. 22	Mangano Calcite	Libra

Libra is where the soul learns about being in relationship with one's self and another, and recognises how to harmonise with another without losing sight of its own needs. As sociable Libra wants to be liked and is often prepared to be in a relationship no matter what the personal cost, it can become the people pleaser who over-compromises, continually saying yes and finding it virtually impossible to say no. This personality seeks balance, fairness and harmony, and rarely shows anger. But, like old fashioned scales, Libra can swing wildly between extremes while the balance is sought. Traditionally Libra is an indecisive sign, sitting on the fence, but this arises because Libra is carefully weighing up all the options – and doesn't want to upset anyone in the process. This sign wants to be fair to everyone and Libra adapts, adjusts and compromises to keep the peace. However, the shadow side of this sign can be a selfishness that really wants to get its own way and Libra can be seductively manipulative in doing so. If you understand the Libra part of your nature, you will know where you adapt and weave in order to be part of a whole, and will come to recognise where you have to be whole in order to relate.



## Crystal: Mangano Calcite

This is Venus' stone, the goddess of love in all her facets: ecstasy, seduction, desire, lust, eroticism, tenderness and romantic love. A stone of forgiveness, Mangano Calcite brings unconditional love into your heart. It releases fear and grief that have kept the heart trapped in the past, healing heartbreak, and opens the heart to give and receive love on all levels. Ameliorating anxiety, it is particularly useful for enhancing self-esteem and self-acceptance. Gentle Mangano Calcite facilitates contact with the angelic realm and can assist in contacting helpers from other realms.

# *The Journey*

This journey takes you into your own heart to explore your relationship with yourself and with others. It helps you to learn how you give and share yourself in relationship, how much of yourself you give away, how fully you can accept love, and where you hold back out of fear or past heartbreak.

My book, *The Soulmate Myth: a dream come true or your worst nightmare?* will further assist you to understand your relationships better and to pinpoint the difference between a soulmate and a twinflame (what everyone thinks they mean when they say they want to meet their soulmate).

## Crystal Journey: Mangano Calcite

*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 Mangano Calcite in whichever hand feels comfortable and be aware of its loving embrace. Place your Mangano Calcite over your heart and allow your heart to open to absorb the beautiful energy of the stone, feel the crystallised pink light of divine love flowing into your heart and out to every part of your being.

Picture a meadow in front of you. It is a warm sunny day with a light breeze and the scent of flowers in the air. Across to one side there is a small temple. Let your Mangano Calcite lead you to this temple.

As you knock on the door, it opens and a guardian gestures to you to step inside. The guardian takes you to a small private courtyard where a bathing pool has been prepared. The pool is made of Mangano Calcite and the water is

full of rose petals. Attendants will help you to undress and step down into the water. Lie back in the water and absorb love into every part of your being. Simply receive. Do nothing but accept this unconditional, divine love. You may hear the beat of the heart of the universe surrounding you. If so, allow your own heart to synchronise its rhythm with that of the universe so that you resonate to love.

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When you have finished your bath, the attendants will help you to dry yourself and will show you to the temple door. Make your way back to the meadow where you began.

When you have finished the journey, hold your Managano Calcite in front of you and feel its energy surrounding you. The light crystalises 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 did it feel like to be bathed in love?

How easy was it to lie back and accept the love that was offered to me?

Could I connect with the divine love at the heart of the experience?

Did I hear the heart of the universe beating?

Did it come into harmony with my own heart?

**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 Mangano Calcite in whichever hand feels comfortable and be aware of its loving embrace. Place your Mangano Calcite over your heart and allow your heart to open to absorb

the beautiful energy of the stone, feel the crystallised pink light of divine love flowing into your heart and out to every part of your being.

Picture a meadow in front of you. It is a warm sunny day with a light breeze and the scent of flowers in the air. Across to one side there is a small temple. Let your Mangano Calcite lead you to this temple.

As you knock on the door, it opens and a guardian gestures to you to step inside. The guardian takes you to a small private courtyard where a bathing pool has been prepared. The pool is made of Mangano Calcite and the water is full of rose petals. Attendants will help you to undress and step down into the water. Lie back in the water and absorb love into every part of your being.

The attendants will then help you to dress and will take you to a small Mangano Calcite chamber at the heart of the temple. Before it is an altar on which you can make an offering. They will open the door and motion you to go forward. When the door closes behind you, you will recognise that you are standing in a chamber of your own heart. You can hear the beat of your pulse and feel the swish of the life-giving blood moving around you. This lifeblood brings you into relationship and then out again, in and out. You give out and you receive, the flow goes on. Notice whether you give as much as you receive or whether the balance is tilted one way or the other.

The Mangano Calcite is a reminder that someone who cannot love and value their own Self is unable to give and receive love or share affection. On the wall is the mirror of your being. Look into the mirror and ask yourself whether the whole of yourself can be accepted, or whether certain parts are denied and projected out onto others only to be met once more in your intimate relationships. Embrace all the dark and hidden parts of yourself that are showing in the mirror. Take them into your heart and integrate them into the centre of your being. Hold the Mangano Calcite to your heart and let forgiveness flow into your core.

Ask yourself if there is a place where you give yourself away in order to please others, where you compromise and overly adapt in order to be accepted, where you become the people pleaser? If so, look at ways you can

find a creative compromise between your own needs and those of another so that both are satisfied.

Let your heart show you your relationships and the patterns you've follow. If you're stuck with emotional blocks then let your heart show you how to heal these. If you need to forgive yourself or others let the Mangano Calcite assist you.

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When you've finished leave the chamber and close the door behind you. The guardian will be waiting to take you back to the temple door. Thank the guardian and make your way back to the meadow.

When you have finished the journey, hold your Mangano Calcite and feel its energy. The light crystalises 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 offering did I make?

Was this something I needed to give up?

Was I able to love my whole self, the dark and the light?

Could I integrate all the facets of my being into my deepest self?

Where do I give myself away, over-compromise in order to be liked or accepted?

What has been the pattern of my relationships?

What were the blockages and where was healing needed?

How much do I give out and how much do I receive?

**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 Mangano Calcite in whichever hand feels comfortable and be aware of its loving embrace. Place your Mangano Calcite over your heart and allow your heart to open to absorb the beautiful energy of the stone, feel the crystallised pink light of divine love flowing into your heart and out to every part of your being.

Picture a meadow in front of you. It is a warm sunny day with a light breeze and the scent of flowers in the air. Across to one side there is a small temple. Let your Mangano Calcite lead you to this temple.

As you knock on the door, it opens and a guardian gestures to you to step inside. The guardian takes you to a small private courtyard where a bathing pool has been prepared. The pool is made of Mangano Calcite and the water is full of rose petals. Attendants will help you to undress and step down into the water. Lie back in the water and absorb love into every part of your being.

The attendants will then help you to dress and will take you to a large chamber at the opposite side of the temple. They will open the door and motion you to go forward. The chamber has been prepared for a bride and bridegroom. The bed is clothed in shimmering cloth of pink and gold, rose petals are strewn on the silken sheets, a love feast has been set out on a low table. A door opens and a partner appears. This is the other side of yourself, your other half. The complement of your being who will help you to become whole within yourself. This is where you come into relationship with your own self. Embrace your self and allow what needs to happen to spontaneously flow.

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When you've finished leave the bridal chamber and close the door behind you. The other half of your self may come with you or await you in the temple. The guardian will be waiting to take you back to the temple door. Thank the guardian and make your way back to the meadow.

When you have finished the journey, hold your Mangano Calcite and feel its energy. 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 did it feel to come into relationship with the other half of myself?

How did that other part of me show itself?

Was I able to achieve total union within myself?

Am I ready now for full relationship with another?

**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 Mangano Calcite in whichever hand feels comfortable and be aware of its loving embrace. Place your Mangano Calcite over your heart and allow your heart to open to absorb the beautiful energy of the stone, feel the crystallised pink light of divine love flowing into your heart and out to every part of your being.

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As you knock on the door, it opens and a guardian gestures to you to step inside. The guardian takes you to a small private courtyard where a bathing pool has been prepared. The pool is made of Mangano Calcite and the water is full of rose petals. Attendants will help you to undress and step down into the water. Lie back in the water and absorb love into every part of your being.

The attendants will then help you to dress and will take you to the end of the long axis of the temple. You will see columns stretching before you into the distance.

A figure approaches and slowly grows large. Do not put a face to this figure just yet. Allow the figure to come closer and become clearer. This is your twinflame, the complement to your wholeness. Your twinflame does not complete you, you are whole already. This is the figure who will mutually support you with unconditional love with whom you can have a union like no other. There is no karma between you, no contracts, no expectations. Your twinflame simply honours you in the fullness of your being and stands back to allow you to be all that you can be.

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When you've met your twinflame walk back together to the temple door. The guardian will be waiting to open the door. Thank the guardian and make your way back to the meadow with your twinflame.

When you have finished the journey, hold your Mangano Calcite and feel its energy. 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 did it feel to be with my twinflame?

Was this someone I already know?

What was the difference between being with my twinflame and any other partner, especially a soulmate I might have had?

## Sun-sign insights: Libra

How do I conduct myself in relationships?

Do I give all of myself or do I hold back?

Do I ignore my own needs so that I can meet the needs of others?

How do I bring justice and fairness into my life?

Where do I judge myself and others, where am I critical and seek perfection?

## Crystal attunement: Mangano Calcite

How does Mangano Calcite express love and forgiveness?

What did this stone teach me about the facets of love?

### **Final reflection:**

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