



Crystal

J O U R N E Y S

An ebook in twelve parts by

Judy Hall

PART TEN

Capricorn

AGATE

The journey into self-mastery

MONTH	STAR SIGN	CRYSTAL	ZODIAC SIGN
January	Capricorn Dec.22 – Jan. 19	Agate	Capricorn

Capricorn represents the core of the eternal and immortal Self and the tasks it sets for itself. When the Sun enters Capricorn you have an opportunity connect with the inner voice of the soul, seeking to move beyond mere rules and regulations. Capricorn is ruled by Saturn: the Lord of Karma, boundaries and restrictions but also of soul wisdom gained throughout many lifetimes. In esoteric astrology, Saturn is the 'ring pass not' where the soul must be initiated into the mysteries before it can move on. As the Sun moves through Capricorn you discover how to direct your own life and find internal discipline rather than conforming to something imposed from outside yourself. This is where the soul moves beyond its previous limitations and remembers its ancient soul wisdom.

Capricorn is an ambitious sign, concerned with the organisation of society and the rule of law. With a tendency to hold onto the past and follow the established mores of society, the sign can be something of a control freak but the soul lesson is that it does not have to be so. This is where you learn the difference between authoritarianism and inner authority. (Authoritarianism means enforced obedience at the expense of personal freedom, authority in this context is the influence and stature derived from personal traits which evoke natural authority and inner freedom.) Concerned with self-mastery and determination, Capricorn is sometimes pessimistic with a strong sense of duty

and responsibility. Many Capricorns feel that they are carrying a burden or a task that must be fulfilled. Tending when young to be conventional and somewhat straight-laced, the sign can be somewhat narrow-minded yet is shrewd and enlivened by a black sense of humour. Conversely, Capricorn grows younger and more inclined towards risk the more it matures. Initially materialistic, once security is assured the sign turns its attention to more spiritual matters such as the journey of the soul.

You can learn more about the soul's journey, soul imperative and life tasks in *The Book of Why: exploring your soul's journey*.



Crystal: Agate

Agate is a great support for the soul. There are many types of Agate any one of which are suitable for this journey as they bring you into touch with your core self and your soul. Prosaic and pragmatic, Agate has hidden depths and belongs to Saturn, the wise Lord of Karma, boundaries and time. As Saturn is the ruler of Capricorn, there is a close affinity between the stone and the sign. Having the useful property of stabilising energy, Agate works slowly and yet with enormous strength. This calming and bountiful stone facilitates assimilation of your life experiences and recognising the gifts therein. It is powerfully cleansing on all levels, dispersing negativity, and encourages

physical, emotional, mental and spiritual balance. It is the perfect stone for bringing about acceptance of your trueself. Sustaining and steadfast, it brings out the Capricorn qualities of loyalty and determination. This stone shows where you follow the dictates of others rather than your own soul and teaches how to transform obstinate and pessimistic traits. A stone of perception and precision, it encourages constructive self-examination, leading to self-mastery and inner-directedness. It balances yin and yang, masculine and feminine, anima and animus, the god and the goddess. In ancient times it was the stone of truth and had the reputation of bringing hidden information to light. This stone fosters the courage to start again and is a powerful healer for inner anger and bitterness.

Banded/Botswana Agate: excellent for removing ties to authority figures who have formerly ruled your life. Helping to see the bigger picture, it assists in finding solutions rather than focusing on the problem.

Blue Lace Agate: particularly useful for healing the throat and allowing yourself to speak, it encourages free expression of who you really are and releases any previous prohibitions on speaking out.

Dendritic Agate: a stone of abundance that encourages being centred and staying in the moment rather than revert to the patterns of the past.

Fire Agate: an excellent protector that brings about a powerful connection with the earth. Fire Agate encourages introspection into your past that allows you to gain insights and then move on.

Moss Agate: stabilises and enhances energy. Protects and brings a balance between intellect and intuition – use this Agate if you suffer from weather sensitivity.

Snakeskin Agate: an excellent stone for shapeshifting, Snakeskin Agate is the shaman's agate as it helps you to travel in many worlds without being seen. The perfect stone for anchoring the soul into the body, Snakeskin Agate overcomes the depression and pessimism to which Capricorn can be prone. *(You can learn more about Snakeskin Agate in the second volume of The Crystal Bible)*

The Journey

This journey takes you to explore the three types of goat, the domestic, the wild and the ancient sea-goat. It helps you to see how this relates to various guises taken on by – or imposed on – your soul and then takes you to meet the voice of your soul. It assists in listening to the inner voice rather than the authority figures of the past so that you can guide and direct your own life. It also assists you to recognise the life task taken on by your soul and to release from any outgrown soul imperatives that you may have carried over from previous lives.

Crystal Journey: Agate

Remember to prepare your crystal before commencing the journey and ensure your shamanic and cosmic anchors are in place to bring you back to your body (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 Agate in whichever hand feels comfortable and be aware of its strength and energy radiating up your arm. Feel how it supports your soul on this momentous journey.

Without opening your eyes, picture yourself walking in a meadow on a pleasantly warm and sunny day, a gentle breeze plays around you bringing the smells of the meadow and, from the distance, the slightly rank smell of goat. Beneath your feet you feel the cool, green grass. Your feet take you to an enclosure where a lone goat is tethered. Sit on the wall and watch this goat. See how it is restricted by the tether, how it is bound to the stake that only allows it to graze in a small circle, a boundary beyond which it cannot pass.

Feel the energy of your Agate, feel its edges and boundaries and let the stone

tell you where you are like this domesticated goat. Where you are tied and cannot roam free. Let it show you the rules and regulations that have been instilled by the authority figures in your past. If you are tied by a particular guru or teacher, place the Agate on your third eye and let the bonds be severed, setting you free to discern your own pathway. Let the stone tell you where you restrict yourself whether from lack of courage or a desire to conform. Let it show you where you conform to authoritarianism and where you follow true inner authority. Tune into the strength of the Agate and take it deep into your soul, let it show you the difference between the two.

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Let the stone take you further back to check out whether you are carrying an old soul imperative from another life that says you must do carry out some task or look after another person. Ask yourself whether this imperative still holds good. If it does not, release it with the assistance of the Agate. Feel how much more freedom you have when you have laid this burden down.

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Then take your attention back to the goat in front of you. Does the goat wish to be released from its tether? Would it be happy to stay within the walls of its enclosure or does it want to be set totally free? Is there somewhere else it wishes to be? Does it need the company of other goats, will it rush off, or will it set out with you on the next part of the journey? If it will accompany you on the journey, set it free and ask it to accompany you back to the centre of the meadow and await your return.

Make your way back to the centre of the meadow to the place you started out. Slowly bring your attention back into the room.

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 your shamanic anchor holding you and grounding you on the earth and into your body. Then, when you are ready, open your eyes.

Questions to consider:

Which Agate did you choose?

Was there a specific reason for this?

Are there rules and regulations that you have been slavishly following?

Did you feel a need to conform?

Do you lack courage in any area of your life?

Are you able to recognise the difference between authoritarianism and authority?

Were you trying to carry out an old soul imperative that is no longer relevant?

What needs to change?

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 Agate in whichever hand feels comfortable and be aware of its strength and energy radiating up your arm. Feel how it supports your soul on this momentous journey.

Without opening your eyes, picture yourself walking in a meadow on a pleasantly warm and sunny day, a gentle breeze plays around you bringing the smells of the meadow and the slightly rank smell of goat. Beneath your feet you can feel the cool, green grass. Is the goat from the first part of your journey waiting for you or must you seek it out elsewhere? It is now time to meet the mountain goat and your feet will take you to a pathway that leads up a hill that is gentle at first but which soon rises steeply up to a mountain peak. On the top of the mountain is the home of the mountain goat.

This is where the ambitious goat resides, the one that must get to the top at all costs. When you get to the top look around and take in the view. You have reached the top, now where can you go? Take time to review the goals, ambitions and expectations of your life and assess how far you have come with these. Is there anywhere in your life where control freakery rules? Do

you want to keep firm control not only over your own life but that of others too? Is it appropriate, can you let go?

Use the power of your Agate to help you look back at your life and reassess all your experiences. Was this a planned part of your soul's journey? What insights and skills did you gain?

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If the domesticated goat accompanied you to the top of the mountain, ask it how it feels now it has been released. Is getting to the top enough, does it give it freedom or is there somewhere else to go?

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Ask your goat if it will accompany you on the next stage of your journey. Make your way back to the centre of the meadow to the place you started out. Slowly bring your attention back into the room.

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 and strength. 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 at the top of the mountain?

Was it enough?

Where else was there to go?

What was revealed in the reassessment of your life?

What ambitions had you fulfilled, which ones had you not fulfilled?

Did this matter?

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 Agate in whichever hand feels comfortable and be aware of its strength and energy. Feel how it supports your soul on this momentous journey.

Without opening your eyes, picture yourself walking in a meadow on a pleasantly warm and sunny day, a gentle breeze plays around you bringing the smells of the meadow and the slightly rank smell of goat. Beneath your feet you can feel the cool, green grass. Is the goat from the second part of your journey waiting for you or must you seek it out elsewhere?

Let your feet take you away from the meadow and across to cliffs that look out to the sea. Find a way down the cliffs and as you approach the beach you will see that there is a rock standing alone on the beach. Make your way to this rock and settle comfortably. Then you will see that alongside you there is an ancient sea-goat. It's head is above water in the everyday world of the intellect but its tail is in the waters of intuition and consciousness.

Let this goat tell you what it is like to be a fusion of the conscious mind with the unconscious, of the intellect with intuition, with individual consciousness with global consciousness. See how it unites opposites and complementarities.

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The sea-goat will invite you to its cave to experience the ancient mysteries, to receive the initiation of the waters of unconsciousness. Follow the goat to its lair. Here you will pass through a purifying waterfall into the womb of the earth. Put aside all that is outworn and outgrown in your life and be prepared to listen to the wisdom of your soul and why you entered into incarnation.

As you settle yourself in the cave you become aware once again of the Agate in your hand. Its bands will take you travelling, way out from the earth towards the rings of Saturn. As you pass through each ring you will let go of the past and of the restrictions and limitations that have held back your soul

from recognising its full potential. Peeling back the layers reveals the wisdom at the heart of your soul and your soul's mission.

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When you are ready to return allow the Agate to return you swiftly back to your body where you will settle comfortably into incarnation once again. 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 and its strength.

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 welcome the initiation?

What had to be let go of?

What did the wisdom of your soul reveal?

How did it feel to unite the conscious with the unconscious?

What was your core soul mission?

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 Agate in whichever hand feels comfortable and be aware of its strength.

The Agate will take you deep into yourself to meet your soul. Listen to its inner voice and its wisdom. Make a strong connection that will guide you throughout your life.

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When you have heard all that your soul has to say, bring your attention back into the room. 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:

Could you communicate with the voice of your inner Self?

What are the mysteries into which you are being initiated?

What is your life task?

How can you best carry this out?

Sun-sign insights: Capricorn

How does it feel to rely on my own inner wisdom and the voice of my soul?

Do I understand the difference between authority and authoritarianism?

How do I negotiate and transcend boundaries and limitations?

Have I been able to let go of the influence of the past and the need to control my life and that of others?

Question for reflection:

How far have I travelled on my soul's journey?

Crystal attunement: Agate

How can I use more of the innate strength of the earth and its crystals to ground myself into incarnation support my soul's path?

Question for reflection: Are rules and regulations and boundaries really protective and safe, what purpose do they serve, or do they need to be expanded and transcended so that my soul can reveal its wisdom?

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