



The Intuitive Connection

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Featured Gemstone: Hematite



Hematite is a relatively hard oxide mineral that is mainly composed of iron (about 70%). It's appearance is extremely varied and its luster can range from semi-metallic to a full metallic sheen. Hematite comes in a variety of colors including red, brown, gray, black and silver.

It was first discovered or documented around 300-325 BCE. The name comes from the Greek word for blood "haima" because of the red color that appears when it is ground into powder. In the 15th century, the name evolved into the name Hematite which is the current use today. The first documented use of the powdery form was around 164,000 years ago in Pinnacle-Point in South Africa. During the renaissance, many painters used crushed hematite because it produced beautiful shades of reds (red ochre), as well as pinks and flesh tones when mixed. Many of the pictographs or cave paintings, dating back 40,000 years, used crushed hematite as their paint source to create the drawings.

It is one of the most abundant mineral on the Earth. The main locations for mining of Hematite are: Africa, Australia, Brazil, Canada, China, England, India, Italy, Mediterranean, Russia, Slovakia, Sweden, Switzerland, Ukraine, United States, Venezuela.

I'm drawn to this stone when I need a little peace and calm in my life. According to "The Crystal Bible," by Judy Hall, Hematite has the following benefits:

"Hematite is particularly effective at grounding and protecting. It harmonizes mind, body, and spirit. Used during out-of-body journeying, it protects the soul and grounds it back into the body. This stone has a strong yang element and balances the meridians, redressing yin imbalances. It dissolves negativity and prevents negative energies from entering the aura, restoring peace and harmony to the body.

Hematite is said to be beneficial for legal situations.

Psychologically, Hematite is strong. It supports timid women, boosts self-esteem and survivability, enhances willpower and reliability, and imparts confidence. This stone removes self-limitations and aids expansion. It is a useful stone for overcoming compulsions and addictions. Hematite brings attention to the unfulfilled desires that are driving life. It treats overeating, smoking, and any form of overindulgence. Hematite helps you to come to terms with mistakes and to accept them as learning experiences rather than disasters.

Mentally, Hematite stimulates concentration and focus. It enhances memory and original thought. It brings the mind's attention to basic survival needs and helps to sort out problems of all kinds. This is a useful stone for the study of mathematics and technical subjects.

Physically, Hematite has a powerful connection with blood. It restores, strengthens, and regulates the blood supply. It can draw heat from the body.

Hematite aids circulatory problems such as Reynaud’s Disease and blood conditions such as anemia. It supports the kidneys in cleansing blood and it regenerates tissue. Hematite stimulates the absorption of iron and the formation of red blood cells. It treats leg cramps, anxiety, and insomnia, and aids spinal alignment and fractures. Use as an elixir for fevers. Position at the base and top of spine to facilitate spinal manipulation. Hold or place as appropriate for healing or calming. Hematite should not be used where inflammation is present or for long periods of time.”

If you’d like to add a beautiful Hematite to your collection, the following crystals are available on the [Trinity Healing Connection store](#), or simply click on the picture to be taken directly onto that item’s page in the store.

Anklet



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Earrings



Pendants



Pet Pendant



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