

Sacred Stones ©

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Crystal of the Month: Black Tourmaline

By

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Background: **Black tourmaline** is actually **schorl** and sometimes called **aphrizite, elbaite, dravite, iron tourmaline** and other names. If you ask for **schorl** or **aphrizite** you get **black tourmaline**. **Ebaite** is a variety of **schorl** containing lithium. **Dravite** is more appropriately brown tourmaline.



It is believed that 95% of all tourmaline is **aphrizite, schorl** or **black tourmaline**. The word **schorl** comes from a German town where **black tourmaline** was found in a tin mine in the 1500s. The name of the town was Schorl and today the town is known as Zschorlau. Today **black tourmaline** is found in South America, California, China and many other areas of the world. **Schorl** is the common name.

Tourmaline is one of the two gemstones associated with the month of October.

The physical properties and metaphysical effects of **black tourmaline** are impressive. **Black tourmaline** and all tourmalines generate a weak electric current, produce far infrared rays and ionize the air with negatively charged particles called ions. Unlike mechanically produced ions, the ions from tourmaline are natural, safe and without negative side effects. Some believe the beneficial effects of tourmalines are because of the ions.

Historically **black tourmaline** was a shaman stone in many areas around of the world. It was used to protect one from spells and other harmful energy. **Black tourmaline** in quartz was believed to break the spell and return the energy or spell back to the sender. **Black tourmaline** used with mica allowed one to return the spell to the originator of the negative energy and view the sender of the energy attack. **Black tourmaline** was used by shaman because it was thought to bring healing powers to the wearer.

Black tourmaline was used to treat arthritis, dyslexia, heart dis-ease, anxiety, disorientation, and to stimulate or balance the adrenal glands.

Why I Love This Stone: **Black tourmaline** is one of the more amazing crystals. It protects better than other crystals. It purifies and grounds you

to the earth which increases your strength and vitality. It transforms or repels negative and uncontrolled psychic energy to protect you. It is an auric cleanser and it helps one attain higher states of consciousness and awareness. It is excellent for dispelling fear, obsessions, neuroses, and it helps create emotional stability. It is said to awaken our altruistic side as it enhances our creativity. After we lose many of our fears and issues we discover the love and nurturing qualities of **black tourmaline**. I am constantly reminded how crystals love us so much, they will do anything within their power to assist us. **Black tourmaline** works on all aspects of your being and your environment. We wear **black tourmaline** and if we need to take it off our wrist, we carry it. It is one of the more important crystals and it is a beautiful stone to wear.

Composition: Many references state how complex the chemical formulas are due to the wide variety of mineral inclusions. To show how complex this can be, minerals are sorted into classes, species, groups and subgroups. It is the only way to deal with these complexities. The chemical formulas for black tourmalines vary widely. The composition of a crystal is important, when it contains lithium and other important minerals. **Black tourmaline** contains at a minimum from largest to smallest amounts, oxygen, silicon, iron, aluminum, sodium and hydrogen. It is chemically a sodium iron aluminum boro-silicate hydroxide mineral.

Physical Properties: **Black tourmaline** is rated at 7 from 7.5 on the Mohs scale. This is the hardness of a high quality **black tourmaline**. In southern California we find **black tourmaline** that is soft and it crumbles easily.

If you heat or apply pressure to **black tourmaline**, it creates an electric charge. This is the same property found in quartz. This charge can attract or repel and it has commercial and industrial applications.

If you scratch **black tourmaline**, the scratch line will be white. The crystal is black even when broken into smaller pieces and the powder is black. The only time I see white on **black tourmaline** is when I scratch it.

Experiences: Many may wonder what uncontrolled psychic energy is and how it can affect you. It comes from highly gifted people with a deep lack of balance in their life. Their extrasensory gifts are affected by their patterns of behavior and their thoughts. This energy can only be experienced to be understood. They consciously or unconsciously drain your energy, affect your emotions and you may feel as if you have been abused or raped. It is an unnerving experience. **Black tourmaline** is the stone to protect you from uncontrolled psychic energy. This is the same energy used in a psychic attack where the energy is intentionally directed to hurt someone.

Twice, when I was sharing a house with others, I saw people who were invited into the home, turn around at the door and leave without a word of explanation. The first time I saw this I had no idea what happened. When it happened a few weeks later, I got the insight that the **black tourmaline** prevented them from entering. They were unable to pass through the door which had **black tourmaline** on each side. One person had uncontrolled psychic energy and I am uncertain about the other. I just saw them turn around after being invited in and leave without even saying goodbye.

Black tourmaline is also invaluable to protect you from those who want something from you. People generally want your energy and they will come into your energy field to drain you. We had a friend who was bothered multiple times a day at work. After we gave him a **black tourmaline** bracelet, the person only came around to resolve a work issue, then quickly left. He was amazed and pleasantly surprised it worked so well.

Black tourmaline neutralizes or repels negative energy and behaviors.

Black tourmaline is an amazing protective and healing stone.

Recommended Uses: Program your **black tourmaline** for the work you want it to do regarding healing, clearing and protections. Wear **black tourmaline** 24 hours a day. When we shower, the water cleanses the crystals we wear. If you are unable to wear it, carry it in a pocket or purse. **Black tourmaline** on the skin works the best, yet being in its protective field of influence is beneficial.

Place **black tourmaline** around external doors and on the corners of your property. When we travel we place it in the corners of hotel rooms as well as on each side of the door. We carry it in our vehicles and it is always with us. We believe it is that important and this is why it is the first crystal I write about.

Meditations: Many may believe there is no value in meditating with a crystal. Unless you try it you have no idea of the power of this practice. Kathy and I begin each day meditating with a different crystal. We spent a day at home without wearing **black tourmaline** before we meditated with it.

Kathy's experience was she held a piece of **black tourmaline** in each hand and immediately felt the energy in her feet and then in her palms. She felt a protective shield around her body. There was intense energy on the right side of her thyroid and right breast. She felt a rhythmic pulse of energy above her 3rd eye. It was initially almost painful and within a minute the pain subsided. Kathy then felt what she described as a bar an inch wide across her forehead. In about 10 minutes the bar became round and about the size of a lemon. She felt completely protected and she relaxed so deeply that any sound coming through the protective shield startled her. Kathy had

a deep sense of comfort and well being. She switched from natural **black tourmaline** to tumbled pieces and the energy became softer and gentler.

My experience with **black tourmaline** was being enveloped in the same protective shielding and I felt grounded to the earth. I soon felt a deep sense of clarity and calm. I felt a lot of energy in my root chakra and within 15 minutes I felt the energies in my body and chakras balance. This was pretty cool since my energies were out of balance after a challenging day working on personal computers. The mental clarity and physical relaxation I experienced was incredible. I felt refreshed and I had a very deep sleep that evening.

Essential Oils: We always use essential oils when we work with crystals. The synergy of two conscious energies is incredible. Essential oils that work well with **black tourmaline** to offer protection, dispel fear or neurosis or obsessions, provide clarity and emotional stability are: Angelica, bergamot, Canadian red cedar, chamomile (German and Roman), cedarwood, clove, coriander, fir (Abies alba), fir (Douglas) and white fir, frankincense, geranium, jasmine, juniper, lavender, melissa, neroli, orange, oregano, petitgrain, pine, rose, sandalwood, spearmint, spikenard, spruce (or black spruce), tangerine, vetiver, yarrow and Ylang ylang.

Miscellaneous: **Black tourmaline** is a very reasonably priced crystal. A few years ago it was challenging to find high quality **black tourmaline** at a reasonable price at the Tucson Gem and Mineral show. Today it is more prevalent and even more reasonably priced. Since it is inexpensive, buy the highest quality possible. If you buy a lesser quality **black tourmaline** you will find it chips easily. High quality **black tourmaline** is beautiful. It will have a bright and shiny black surface. If it has a dull finish, it is a lower quality.

Natural **black tourmaline** is normally six sided. Natural crystals have a stronger energy for many people than tumbled or shaped. I prefer to work with raw or natural crystals and Kathy appreciates the gentler energy of shaped crystals. For bodywork sessions, we use shaped or tumbled crystals because there are no rough edges.

Black tourmaline is said to vibrate to the numbers 3 and 4. Most crystals vibrate to only one number.

Disclaimer: The information regarding the physical and metaphysical properties of crystals is intuitively derived. It is in no way intended to diagnose or treat any form of medical, physical, emotional, mental, psychological, spiritual or other issues. Readers are advised to view this material as speculative in nature. We recommend you determine through personal experience the power of crystals.