Sacred Stones ©

September - October 2014

Crystal of the Month: Blizzard Stone

By

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Background: Blizzard stone is a very unique and wonderfully interesting sacred stone. It was discovered in the 1990s by Steve Monroe. Steve was looking near Homer, in the Alaskan wilderness, for meteorites. He found what he suspected to be a very large meteorite. He believed it was a meteorite because it was highly magnetic. A piece was analyzed at a meteorite lab and they found it to be a type of earth stone known as a gabbro. Gabbro is an igneous rock that cools slowly in the earth and it is silica-deficient. He named his find blizzard stone, because the stone reminded him of the contrast of falling snowflakes against the dark background of the Alaskan night sky. Today, blizzard stone is found in numerous locations throughout the state of Alaska. The color is a dark green, to charcoal, to black serpentine-rich matrix, with small white calcium-rich feldspar (anorthite) crystals. I am grateful to my friend Steve Rosley, who was passionate about benefits of blizzard stone. Steve persuaded me that blizzard stone was an important crystal to work with and to teach others to use in our Healing with Crystals and Essential Oils classes. Steve was our only supplier at the Tucson Gem and Mineral show for blizzard stone for well over a decade. Blizzard stone is compared to, and it looks a little like, snowflake obsidian. Although they look somewhat alike, obsidian is so easy to distinguish because it has a glass-like sound when tapped with a harder object. The magnetic qualities and the numerous varieties of minerals in blizzard stone is what separates this stone from the other sacred stones. Blizzard stone is so interesting because it is the most spiritually aiding stone I have found. The magnetic field of blizzard stone fills and envelopes us with its nurturing, earth energy, then this energy aligns, augments, balances, and protects our aura, body, and our biofields. Blizzard stone clears the energetic blockages and aligns the meridian system throughout the body. Some say this magnetic field actually helps
opposite forces to work together. Many say that people who have differing agendas and belief systems, will somehow work together when they share the energetic fields of **blizzard stone**. The magnetic and conscious fields aligns people's energy so a common ground can be found, and this unifies, and harmonizes, so an unanticipated outcome can be created. Others say **blizzard stone** is beneficial to help one recall their past lives. Everyone agrees that this is the stone that protects people and electronic devices, especially computers. It protects by dampening, blocking, or neutralizing harmful man-made electronic emissions. **Blizzard stone** is said to lessen and relieve discordance, violence in temper and expression. Many believe it facilitates the connection to one's Higher Self. Some use it to relieve the effects of bruising, hot flashes, cellular swelling, infections, immune disorders, detoxification, fevers, sprains, and it balances the physical body. It also aligns and balances the magnetic and other biofields in the body. Some say it promotes dominion, and this helps one to be free of those who have dominion over them. **Blizzard stone** is said to help one to realize the vital importance of others and events, especially when there is in the unexpected beneficial outcome of a situation. **Blizzard stone** is a stone of realization, because it augments, harmonizes, and heightens the frequencies of the brain and body and this is said to facilitate the connection to your Higher Self. **Blizzard stone** is a sacred stone that helps you to cope because it shields you from external, incompatible energies, and discordant frequencies. My experience is the observation that **blizzard stone** attracts those who are actively working on the development of their spiritual path. This is a stone that for some reason contains the energies necessary to facilitate the awakening of those who are ready to step into and embrace their spirituality. **Blizzard stone** helps everyone to be present in the moment, heal in a multitude of way, and walk their spiritual path.

Keywords to remember about **blizzard stone** are: aligns, alkalizes, augments and balances the aura, balances the body, cellular alignment, cleansing, control of your life, decision making, detoxification, dominion, energy blockage removal, freedom, gentle, grounding, growth, harmony, healing, immune boosting, jurisdiction, kundalini awakening, magnetic alignment, new and unexpected outcomes and directions, powerful, purification, psychic abilities, releasing, relieves control issues, relieves discordance, removes violent tempers and their associated traumas, spirituality, visions, and it is supportive of anything you are enduring, experiencing, and releasing.

**Why I Love This Stone:** The physical properties and metaphysical effects of **blizzard stone** are highly spiritual, and some say miraculous. This is the perfect stone for these times of earth changes and our spiritual evolution. It connects you to the earth, and it aligns the body's fields with the earth, and subsequently lets the body know that everything is OK. I
resonated to **blizzard stone** the first time I held some raw and polished pieces. I felt the intense energy and subtle vibration throughout my body and especially in my electronic biofields. I was guided to place **blizzard stone** by computers and other sensitive electronic devices. It is said to dampen (to a safe level or completely nullify) the dangerous man made Radio Frequencies that are all around us and also permeate our body. This is a sacred stone that seriously assists one in their spiritual growth. I found that working with **blizzard stone** helped me to understand the areas of my life that I needed to work on for my own personal growth. This happened because the emotions of a situation, past or present, surfaced quickly, and it alleviated the effects of remembering, or reliving, these painful emotions. I could then easily release and remove my old aggressive, defensive, and antisocial behaviors. I was curious to hear and observe how this stone creates a sense of our dominion and complete alignment with our body. I had no idea what this really meant until I heard that it also removes the dominion of others over the one who carries and works with this stone. It creates freedom and independence for those who seek it. It creates a deep understanding of how important people and events are so, you can appreciate their significance in your world. Another invaluable aspect of **blizzard stone** is it prevents the repression, or burying of, painful emotions. This is so important because it allows you to release and be rid of these awful, embarrassing, and painful, emotions. It is true that **blizzard stone** is the stone to help you cope with earth changes. I try to work with **blizzard stone** daily.

**Composition:** **Blizzard stone** is a very unique and highly complex crystal that is very low in silicon. As a gabbro, it generally contains small amounts of actinolite, biotite, chrome, olivine, serpentine, and larger amounts of feldspar, chlorite, muscovite, and pyroxene. The chemical formulas of the previous small amounts are known and important. **Blizzard stone**, as a composite, has a matrix that is composed of larger amounts of the primary crystal of Fosterite \((\text{Mg}_2\text{Si}_3\text{O}_8)\), Anorthite \((\text{CaAl}_2\text{Si}_2\text{O}_8)\), Orthopyroxene and Clinopyroxene said to be \((\text{CaMgFeMnNaLi})(\text{AlMgFeMnCrSxTi})(\text{SiAl})_2\text{O}_6)\), with Hercynite \((\text{FeAl}_2\text{O}_4)\) and magnetite \((\text{Fe}_3\text{O}_4)\). The physical and metaphysical effects of all of the components make **blizzard stone** an amazing sacred stone.

**Physical Properties:** **Blizzard stone** is rated with a hardness of 5.5 to 8 on the Mohs scale. It has a specific gravity of 2.9 to 3.3. It is in the category of a gabbro (an igneous rock that cools slowly in the earth and this allows crystals in the matrix to grow larger than normal, often several millimeters across) and it has a texture of medium to coarse grains. The number of mineral inclusions and the color varies by location. You can see from the wide range of the Mohs scale, that every location of **blizzard**
stone can have a wide range of inclusions, and thus physical properties, and of course metaphysical effects. Regardless of the location, the energy and effects of blizzard stone will be impressive to magical.

Experiences: A few friends taped a small piece of blizzard stone to their cell phones to protect themselves from cell phone radio frequency emissions. When I worked in the computer industry, the tech support people always wondered what I did to my laptops. It was a friend who told me it was my energy that was frying my laptop's hard-drive, and it happened almost once a month. I learned to contain my energetic field and I no longer needed the tech support staff to fix my laptop. I also heard about and validated how blizzard stone does the same thing in dampening energy fields. Now, I keep a piece of blizzard stone by my laptop, and one near Kathy's laptop. It may be a coincidence, however, we have had no hard drive problems. Before we had the blizzard stone by her laptop, I had to reformat Kathy's hard drive and reload the operating system and all the data three times. When bodyworkers place blizzard stone on a massage table touching, or on the skin of a client, it grounds them, and balances their electronic biofields. It also increases intuition for both for the client and the therapist. A friend noticed that the person they gave a blizzard stone pendant to had a vast decrease in temper and angry outbursts. Of course, these outbursts usually have to surface in order to be released. Sometimes, this is an extremely unpleasant way to clear these issues from the body. However, once these temper and outbursts are gone, the person has a profound sense of relief that is felt as a new found freedom.

Recommended Uses: Blizzard stone is beneficial anywhere it is placed. I found that if I place it on my solar plexus the energy in my feet increased. When one piece was on the top of my spine touching the medulla oblongata, and the other was placed at the base of my spine, my torso vibrated with energy. Each time I used it, the effects built on the last experience. The effects appear to be cumulative and it feels as if it begins right where it last ended. The most profound place to put blizzard stone is touching the bottom of the feet or where the bottom of the heel is when a client is face up on the table. This is the same place where the sacred stone Jet (April 2012) is also most effective. Naturally, blizzard stone and all sacred stones work more effectively in pairs or multiples of two. Always work with at least two of the same sacred stones at a time.

Essential Oils: Essential oils are powerful healers, most require dilution with a carrier oil, some are photosensitive, and there are very dangerous contraindications when clients are on medications, or if they have certain medical conditions. A listing of safety issues and possible contraindications
can be found at our web site:  www.kalasgems.com/safety.html.  The properties of blizzard stone as a sacred stone include the ability to align, balance, cleanse, detoxify, ground, harmonize, heal, increase psychic abilities, release blocked energy, remove painful emotions/memories, and so much more, works well with all essential oils. Every sacred stone works well with all organic and 100% pure essential oils.

**Meditations:** Kathy began by holding the two pieces pictured. She immediately heard the word *peace*. Her energy began swirling clockwise in a vortex in and around her body. She saw what appeared to be an eraser that was removing items from her body that were limiting and no longer needed. The removal included emotions and energetic blocks. Kathy held one piece on her thyroid and she felt a deep sense of calm. Then she felt like her feet and hands were as light as air. Her whole energy field, and her body was lighter and the stones also felt incredibly light. She experienced a deep sense of joy and freedom.

I also began by holding the two large pieces pictured. I immediately felt some energy in my hands and a lot more energy in my feet. The energy increased slowly in my hands and it increased much more rapidly in my feet. I felt a deep connection with the magnetic and other energetic fields in the earth through my feet and hands. I could feel the earth as a conscious living being. Soon the energy began to move up my feet to my knees and from my arms to my elbows. When the energy reached my knees and elbows, the energy in my hands and feet again increased tremendously. As the energy reached areas like my hips and shoulders, I felt waves of energy to and from the earth through my legs and through my hands and arms. This was a most unique experience for me.

Kathy began with two smaller pieces. She immediately felt a sense of being very comfortable and her hands and feet were again very light and they felt as if they were floating. She described her body as being limp and also very light. It felt as if she were floating in the energetic and nurturing field. As she held the pieces her body felt a nurturing power throughout her body and biofields. She went into a deep state of relaxation and felt the stones working on physical areas of discomfort. Her body felt renewed and totally wonderful during and long after her meditation.

I began with two small pieces. I felt the energy in my hands, and much more in my feet, as I was again connected to earth's magnetic fields. The energy felt much softer and more nurturing compared to my first time meditating. I had the greatest sense that I was beyond connected to the earth. I was a part of the earth and essentially no different except that I was flesh and blood. I felt a deep profound love from the earth and I was embracing, loving, and supporting all things that are a part of the earth. Even those who are intent on destroying the earth through their ignorance and greed. The compassion I felt for them was a deep yearning that they
would awaken from their greed stupor. I saw the earth a conscious light in form. I gained a profound understanding of the importance of seeing and understanding how the earth was a living and conscious planet. I finished the meditation filled with a profound love from our mother earth.

**Miscellaneous: Blizzard stone** is sometimes challenging to find at reasonable prices. It is one of the more expensive stones I have bought. Little pieces are often around $20.

**Blizzard stone** vibrates to the number 9.

**Blizzard stone** is associated with the planet Earth

**Blizzard stone** connects to, aligns, and balances the root chakra first, and then does the same to all the chakras.

**Blizzard stone** is associated with the elements of Earth and Wind.

**Blizzard stone** is used in Feng Shui in removing blocked energy anywhere it is placed in a home or building. It is a great stone to place by windows and outside doors.

**Blizzard stone** is associated with the astrological sign of Capricorn.

**Blizzard stone** in various forms allows the body to heal on all levels and it is beneficial to ameliorate the effects of acidity, bruising, cardiovascular issues, cellular swelling, fevers, hot flashes, immune disorders, infections, meridian imbalances, rage, sprains, tempers, and toxicity. **Blizzard stone** supports the physical body yet it is invaluable for those seeking to progress on their spiritual path.

**Disclaimer:** The information in this paper 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.