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Crystal of the Month: Tiger Eye, Tiger Iron
By
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Background: Tiger eye is one of the more amazingly beautiful crystals when viewed and moved in the sunlight. In 1892, J.D. Dana first described tiger eye in the geological literature. Tiger eye is a banded chalcedony quartz. There are four known varieties of quartz that have the property we call chatoyant. These are cat eye, hornblende, tiger eye, and tiger iron. Chatoyancy is the phenomenon known as cat's eye. It is from the french words oeil de chat, meaning eye of the cat. This visual phenomenon occurs when quartz slowly encapsulates microscopic fibers of iron oxide that is the byproduct of the weathering of blue asbestos. These microscopic fibers reflect the light in a way that is mesmerizing, creating beautiful, scintillating visual displays. It is one of the crystals all of our students love to hold and watch as the light reflects. The primary difference between the four chatoyant quartz varieties are the colors and the patterns. The only other difference is that the cat's eye fibers are twisted while the other encapsulated fibers are parallel to each other. Tiger iron is tiger eye with bands of hematite (see the May, 2012 newsletter to learn more about hematite). The hematite bands create more metaphysical and physical healing properties. Tiger eye is found in Africa, Australia, India, Mexico, and the United States. Tiger eye was a sacred crystal in many ancient cultures. The ancients believed tiger eye combined the energizing energy of the sun with the grounding energy of the earth. The ancients used tiger eye as the all seeing crystal. Perhaps the increased clairvoyance and the ability to do remote viewing is one of the reasons tiger eye got the name hawk's eye, falcon's eye, and cat's eye. These animals have acute eyesight and are often able to see what we are unable to see. Tiger eye is another very protective stone. It grounds and profoundly connects one to the earth. The name tiger is an apt description of the
strength and beauty this stone contains. It has a powerful energy and some claim the watchful eye of the tiger is what makes it so protective. Some consider tiger eye a stone of abundance to create or maintain wealth. I see tiger eye as a facilitator that allows us to see and trust our strengths, as it instills humility and enhances our self-discipline. It balances the solar plexus chakra and the energies of the body. The solar plexus is a powerful area that many hide behind the weight it carries. Tiger eye calms and removes the discordant emotions stored in our solar plexus that we create through our choices. Tiger eye is more of a stone for the mind, than the body. It allows you to have an unbiased perspective on what you see, and experience, so you can understand the real issue. You are able to discern the issues clearly so you can work on them with your assets that you also now clearly understand. It is the perfect crystal to help resolve obsessive behaviors. It is the bridge between the divine loving energies of the sun and our beloved Mother Earth. These energies give you the ability to lovingly change and grow. Tiger eye also facilitates the intuition and metaphysical abilities, so many seek. Tiger eye makes you focused, determined, and alert, so in the perfect timing of a situation, you make the best decisions and the appropriate actions. Most crystals work primarily on the physical as a profound healer, tiger eye also heals the body, yet it is more for the mind and spirit. You will discover a sense of balance, calmness, clarity, courage, empowerment, integrity, self-respect, willpower, and the motivation to act, while feeling very protected. It amplifies the energy of your thoughts as it removes the discordant energy of your emotions. It is a wonderful stone of new beginnings, that changes how we think and feel. Tiger eye comes in a variety of incredible colors from vibrant blues, earthy browns, subtle creams, amazing greens, awesome yellows, deep reds, to a rich golden. There are new reports of black tiger eye from South Africa and little is known about this new stone. Experience shows that black is a very powerful color. I suspect black tiger eye would make one very decisive as it motivates one to act with authority. Blue tiger eye is often called hawk's eye or falcon's eye. It works primarily on the third and sixth chakras. It was carried as a talisman to protect them from curses and spells. It was sometimes called the travelers guardian. It is perfect for those who are stressed and need a time out. It energizes the emotional body. Blue tiger eye creates a positive attitude which increases feelings of self-worth and self-confidence. It is the perfect crystal to give to those who are angry all the time. It soothes and cools, as it gives one the courage to bring ideas to fruition. It is perfect to simplify and raise the integrity of communication. It slows the metabolism and it is used to cool overwhelming sexual energy and remove sexual addictions. It is the best stone for astral travel, clairvoyance, and remote viewing. Hawk's eye is also a name for blue pietersite. Brown and golden tiger eye are used to raise your vibration and balance your lower chakras, instill optimism, and resolve problems. Your aura will sparkle with
the brightness of **tiger eye** because you are centered and connected to the sun and grounded in the earth. It was used by the ancients to stimulate the rise of the Kundalini energies. It is a powerful solar plexus stone to manifest ideas and change. It is used for insight and protection. It allows you to see everything and think clearly to gain insights. It creates a sharp focus which enhances concentration. You see beyond your needs and understand your world. It creates an awareness and a oneness with all aspects of creation. It is said the tiger name derived from the color of the eyes of the tiger because the piece J.D. Dana described was golden. **Green tiger eye** is considered one of the greatest protectors. It is said to protect one from snakes, vampires, witchcraft, and other hazards. Many put it in their car as well as wearing it. It is known to have iridescent shades of yellow and brown. **Cherry Red tiger eye** is often heat treated yellow **tiger eye**. It creates a confidence and a sensitivity most people lack. It is a perfect stone for speakers that allows one to impart wisdom to an audience. **Yellow tiger eye** is useful for energizing those who feel overwhelmed, depleted, and scattered. It speeds up the metabolism. It works primarily on the first and second chakras to ground, strengthen, and balance. It removes discordant energy from the third chakra. It helps one to make a decision. It removes the feelings of being uncommitted, so one can take action. It raises and balances the energy of the body. **Yellow tiger eye** is said to protect children from bullying. It is said to protect cats when it is attached to their collar. **Yellow tiger eye** is also called cat's eye, falcon's eye, and hawk's eye. It is used for insight and protection. It allows you to see everything and think clearly to gain insights. It creates a sharp focus which enhances concentration. You see beyond your needs and you begin to understand your world. It also creates an awareness and a oneness with all aspects of creation. It is also known to attract money. **Yellow tiger eye** was used for male fertility issues. **Yellow tiger eye** has more iron sodium silicate which gives it the beautiful color. **Tiger iron** is found only in Australia and the presence of hematite creates vitality as it energizes the body, mind, and soul. Hematite augments the properties of clarity, focus, and purpose. It often contains red jasper (see the February, 2013 newsletter to learn about jasper) and this also makes **tiger iron** a very nurturing crystal. It creates a state of self-assurance and gives one physical stamina. It is a perfect stone when you need to do hard physical labor.

**Why I Love This Stone:** The physical properties and metaphysical effects of **tiger eye** are wonderful. It is one of the widely used Feng Shui stones that is placed near doors, windows, in children's rooms, and other places because it protects by deflecting discordant energy. The Chinese value **tiger eye** because it is the true balancer of energies. The **tiger eye** energies ground and balance the energies in the body and auric fields. Then it elevates emotions, as it promotes clarity, confidence, intuition, and
protects. It instills discernment, harmony, integrity, practicality, and willpower. It helps one overcome anxiety and being obsessive so you become more practical and logical. **Tiger eye** helps people to live their dreams in a gentle, loving manner. People commit, and accept responsibility for the things they need to do. It is perfect for meditation and it is a very loving crystal. **Tiger eye** facilitates our ability to see and appreciate the beauty in life through the awareness of the divine energy in all things. It creates a passion for life as it prepares you to see, understand, love, and forgive.

**Composition:** **Tiger eye** is a variety of quartz that has a fibrous structure with inclusions of the asbestos called crocidolite. The chemical formula is said to be SiO$_2$ with inclusions. I find these formulas worthless, the chemical formula for **tiger eye** is Na$_2$Fe$_3$Fe[(OH,F)Si$_4$O$_{11}$]$_2$. **Tiger eye** forms when microfibers of quartz silicate form alongside and encapsulate the crocidolite and this is what creates the cat's eye effect known as chatoyancy. The colors vary based on the amount of weathering of the crocidolite. It begins as a fibrous blue asbestos which is composed of iron and sodium. The theory is the iron and sodium dissolve and only the color remains in the quartz. The colors are said to be an iron oxide staining and this creates the wide range and bands of color. The yellow color of the inclusions of crocidolite is also known as hornblende.

**Physical Properties:** **Tiger eye** is rated with a hardness of 6 to 7 on the Mohs scale. It will streak blue, gray, gold, brown, and yellow based on the color of the sample. The luster is vitreous or glassy. It is translucent to opaque. It is a monoclinic crystalline structure. This means it has three unequal crystalline axis, two intersect obliquely and are perpendicular to the third. Some call this a trigonal crystalline structure. **Tiger eye** has a specific gravity of 3.2 to 3.3. **Tiger eye** has good cleavage. The light is reflected perpendicular to the direction of the encapsulated crocidolite fibers.

**Experiences:** I have little experience with **tiger eye** beyond wearing it the month preceding the newsletter. I found that I soon experienced a profound clarity and I agree with the aspects the ancients knew. **Tiger eye** is worn by many people, for many it is probably just another beautiful crystal yet I am sure they notice the differences in how they feel. It does give one confidence and self-assurance. A friend wears **tiger eye** because the increased focus helps keep her annoying thoughts to a minimum. I find it very useful to see a wide variety of scattered and minute details and then make sense and order of the seeming chaos. **Tiger eye** is a wonderful stone that is sacred because it is so amazing in its effects.

**Recommended Uses:** **Tiger eye** is perfect for bodywork sessions and needs to be used in multiples of two. After the sessions, students remarked
how they are calm, balanced, feeling wonderful, and with a clear mind. A few tell of astral travel or visions. The confusion of everyday problems in life is reduced and the fear of these issues is greatly reduced.

**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](http://www.kalasgems.com/safety.html). The properties of *tiger eye* with the ability to balance your energy, cleanse, harmonize, heal, love, and protect, as it increases your clarity, focus, psychic abilities, self-assurance, self-worth, and self-esteem work well with all essential oils.

**Meditations:** Kathy held two golden *tiger eye* hearts. She first thought of a tiger and it was a loving and nurturing tiger. She felt a slight burning in her right palm and fingers. She felt the muscles in her fingers unwinding. Unwinding is the relaxing and removing blockages of a muscle. The analogy is like a rope unwinding. It is like the muscle is dancing. Her hands were sore from the weeding we did as we prepare to plant our vegetables. The two stones disappeared into her palms, yet she still felt them working with a pulsing sensation particularly the right hand. There were no visions, only a mental relaxing and physical balancing.

We went to our favorite place in the desert and the first day we relaxed and slept. I held two blue and *gray tiger* eye hearts. I immediately felt the energy in my hands. It was at times a very intense energy. It was a little challenging to relax. I found myself in a deep state of clarity. I was on a recliner in the shade, feeling warm, and comfortable. It was some time before I found I was looking at an open door and a person walking through it towards me. It was my guide, Momon who is seen in my Aura Imaging pictures as a stunning yellow sphere by my right ear. He told me many things and soon my meditation was over. The next few days Kathy and I had many meditations where we used various configurations of holding a *tiger eye* in each hand while placing other *tiger eye* pieces on the solar plexus, heart, and throat.

Kathy held two red tumbled *tiger eye* with a blue on her throat. She also other colors and configurations on her solar plexus, heart, and throat. She always felt an intense energy in her hands. She also felt the happy presence of Dad and heard him say *No worries*. She soon felt the energy moving in an out of her body in a back and forth motion, like an accordion bellows. She soon felt the harmonizing and balancing of her energy throughout the body. Each placement configuration and color combination of *tiger eye* provided a balancing, clarity, harmony, and a wonderfully relaxing and restorative meditation experience.
I used various colors and placement configurations. Every time the energy in my hands was intense. I had a number of visions. I learned how we qualify our thoughts with the energy through the solar plexus and unless there is a harmony of love and compassion with these thoughts they create discordant energy and this fills the earth. I experienced how we can use the harmony of our thoughts and energy instill the light to cleanse the body of this energy and also our world. It reminded me of the masters I had the honor to be around that were filled with a love and compassion that radiated a light that changed everyone around them. They were centered, focused, loving, and victorious in the struggle of life.

**Miscellaneous:**  **Tiger eye** is somewhat easy to find in good quality and quantity. The cost of **tiger eye** doubled at the 2013 Tucson Gem and Mineral show.  
**Tiger eye** vibrates to the number 4.  
**Tiger iron** vibrates to the number 7.  
**Tiger eye** is often used in Feng Shui jewelry. It is the center piece of stone placements in Feng Sui to ground and balance the energy of an area.  
**Tiger eye** is said to be the true balancer of yin and yang energies.  
**Tiger eye** is an aspect of the astrological signs of Aries, Capricorn, and Sagittarius.  
**Tiger eye** is associated with the fire and earth elements  
**Blue tiger eye** is associated with the heart chakra.  
**Red tiger eye** is associated with the sun and the planets Mars, Jupiter and Mercury.  
**Red tiger eye** is associated with the first, second, third and sixth chakra.  
Roman Soldiers carried **tiger eye** into battle for courage and protection.  
**Red tiger eye** is for the 9th wedding anniversary, while some say the 18th.  
**Tiger eye** is mentally beneficial to reduce anger, anxiety, attitude, being stuck, feeling drained, impatience, introversion, as it increases psychic abilities, focus, determination, and to affirm your faith.  
**Tiger eye** is physically beneficial to ameliorate issues of ADD, asthma, blood, bones, bruises, colon, depression, digestion, biventricular disease, eyes, heart, high blood pressure, joints, kidneys, liver, nervousness, night blindness, pain, post surgery recovery, reflexes, reproductive system, spleen, spinal alignment, stomach disorders, stress, throat, toxicity, ulcers, and wounds.

**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.