

Sacred Stones for the Soul

Creativity, Midlife and Transitions

When we talk about midlife, what comes to your mind? Midlife crisis? The pause? Desperation for youth again? Over the hill? Mortality? Freedom 55?

About 10 years ago, I read a book by futurist Barbara Marx Hubbard where she talked about a woman's ability to create. When menopause hits, we are no longer creating life by birthing children, we are birthing ourselves. We regenerate. We evolve.

"The second motherhood for a woman is when she realizes who she is and is moving from the self-reproduction mode to the self-evolution mode"

Barbara talks about new patterns being created within our lives and in our bodies. In her words, we are "vocationally aroused" searching for new creative outlets, our life purpose and our calling. Hubbard also provocatively suggested that cancer is our body's way of growing, but without an organized plan and that depression is our spirit's way of going within to gestate a new self- like a cocoon before the metamorphosis into a butterfly. It is recognition of a new life emerging, but not yet being able to express it in the context of the old. Of course, any of this can apply to any transitional stage in our lives at any age.



- What do you want to create?
- Do you need to mother yourself?
- What is dying in you?
- When the nest is empty, what calls you to new action?
- What metamorphoses are occurring in and around you?
- How are you handling the re-patterning in your life?
- What are you birthing?
- Who/what are you nurturing now?

"Previously, women after menopause thought they were aging and dying. Actually, now we are just about to give birth to the authentic feminine self. It's a whole new thing!" Barbara Marx Hubbard



<http://www.birdhouses101.com/american-goldfinch.asp>

It's time to unleash your own song and follow the path of your own creativity. Allow yourself to explore something absolutely new to you today.

-Goldfinch

<http://spirit-animals.com/goldfinch/>



Mookaite, tiger eye, copper turquoise, & angelite, blue topaz, azurite

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Creativity

In the yogic tradition, it is the second chakra, called the sacral, that is the seat of creativity. A chakra, in eastern medicine, is a subtle energy vortex that gives vitality to specific parts of the body. We have many minor chakras and seven major ones that align with our endocrinal system. The sacral is located below the belly button in the lower abdomen down to the pelvis. It is linked to the male/female hormone generators in the testes and ovaries. Reproduction, along with appetite, addictions, abundance, passion and creation are all linked to this energy centre. Orange is the colour of the sacral chakra. It is also the colour of joy. In colour therapy, orange is used as an antidote to depression. If you are feeling blue, put on something orange. Stones that resonate with the sacral seat of creativity are the orangey-red carnelian, peach coral, tiger eye, orange calcite, fire opal, cinnabar, mookaite, amber, copper and some topaz

While we spawn creations in the sacral, we express them in the throat chakra. Blue gemstones such as turquoise, lapis, blue topaz or larimar are gemstones said to aid with self-expression. True blue refers to integrity. Dramatic arts, oratory, writing, singing, sewing, photographing or painting are expressions of creativity. Speaking your truth goes a long way to healing the dissonance of a soul that suffers in silence. Sometimes, it takes us until midlife to dust off the squelched passions of our youth. Retirement plans may include a totally different calling to do something we have dreamt of doing for years.

Julia Cameron, in *The Artist's Way* prescribes some strategies to get creative juices flowing. One that I have used is the morning papers. Every morning you commit to writing three pages. It can be anything on your mind, a stream of consciousness, a rant, some musings or even just the line "I can't think what to write" over and over. Writing something gets the process started and unblocks creativity. Try it. It works. <http://juliacameronlive.com/basic-tools/morning-pages/>

Rock Star of the Month

JASPER

Jasper is a multi-versatile stone highly valued since antiquity. There were two jaspers reported to be on the breast plate of the Hebrew high priest in the Bible. It is another example, like the agate, of Mother Nature's tectonic artistry in action. It is found in volcanic rock fissures and cracks. Like Agate, Jasper fills in crevices. Sometimes it gets broken when the earth trembles again and new shattered bits then join together to create Brecciated Jasper. As such, it is good symbolic stone for picking up the pieces of a shattered life to create something more beautiful. Jasper is considered a chalcedony by some. It is opaque and has tiny micro-quartz crystals. The spots or stripes in it may be colored by iron oxide and other mineral encounters. Jasper can have a marble effect, ribbons or be spotted. Picture Jasper offers a variety of interpretation of images. Ocean or Orbicular Jasper has orbs or circles that symbolize completion. It is found in one location only off the north-west coast of Madagascar and can only be accessed at low tide by boat. Some call it the Atlantis Stone. Like all water stones, Ocean Jasper is calming for emotions. Jasper is an earthy, protective stone. It is good for strength and digestive issues. Ocean Jasper helps bring in the positive aspects of one's life including empathy building and service to others.



Peanut jasper, ocean jasper, zebra jasper



Seals sunning themselves on Pacific Ocean rocks

“Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while” – Steve Jobs

“Creativity involves breaking out of established patterns in order to look at things in a different way.” –Edward De Bono

The Difficulty lies not so much in developing new ideas, but in escaping from old ones.”

–John Maynard Keynes

What is between you now and the you that you want to be?
It is up to you. Do you see boulders or power tools?



The only
difference
between
stumbling blocks
and stepping stones
is the way in which we
use them.

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"The unique artistry of Jasper is that of Nature itself - golden sunshine, a nighttime sky, poppy fields or a deep green forest, desert sands, the undulating ocean, red rock canyons, sweeping mountains. Each stone is a masterpiece of the Creator, bold and primitive in style, solid and earthy in form, with a warm, harmonious energy that resonates with the primal self."

<https://www.crystalvaults.com/crystal-encyclopedia/jasper>