



Sacred Stones for the Soul



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Secret Rooms

Finding the Inner Rooms we Forgot about

I have this recurring dream. I am at a house that is mine or used to be mine and I have found a new wing of rooms, a secret staircase or a room I must have forgotten. It is always a happy dream, full of potential anticipation, wondering about how to make use of the new location in the future. Sometimes, it is

a house, sometimes a hotel, sometimes a place I know and sometimes a place I have never met, but it always feels familiar. Apparently, it means that I am rediscovering lost aspects of myself, long forgotten talents, interests or discarded hopes and dreams. My job is to pay attention in waking life to opportunities to re-find or redefine myself.

Dream lore-did you know...?

- Dreams occur mostly in the second part of the night during cycles of REM sleep.
- You cannot snore and dream at the same time. Snoring occurs during non-REM sleep.
- We move into REM sleep for a brief time after about an hour of non-REM and continue that cycle all night with increasingly longer REM sleep time.
- If we lose 1/2 hour of REM sleep one night, we rebound with added REM sleep on the next.
- During REM sleep the brain signals the body to relax and we experience a sense of paralysis called atonia. Atonia protects us from physically acting out during dreams. Sleepwalkers lack effective atonic function.
- You have more nightmares in a cold house than in a warm one.
- The inventor of the sewing machine, Elias Howe, got the idea in a dream. So, did the creator of Google.
- Abraham Lincoln dreamt a premonition of his assassination.
- 90% of your dream is forgotten upon waking, although some can continue into waking state.
- Men tend to dream more of other men while women are equal opportunity dreamers.
- Scientists and spiritualists are beginning to agree that the dream state is the action of the emotional brain processing memories and making meaning out of the day's events.



"Path Of The Dream Catcher"
by Gloria West

<http://www.porterfieldsfineart.com/GloriaWest/pathofthedreamcatcher.htm>

Rock Stars of the Month- Navratna Gems



<http://indianvedicgems.com/>

Ratna is the Sanskrit word for gem. There is an intentional jewelry setting of nine gems known as the Navratna recognized by Hinduism, Sikhism, Buddhism and Jainism. Each of the nine gemstones represents a specific planet with astrological traits.

The form may be in a pendant or a necklace, earrings, ring or buckle, but the order is the same with the Ruby as the central stone. Some say a Navratna piece should not be worn without consulting with a Vedic astrologer. Others claim there is a balancing effect by wearing all nine planetary symbols together at once.

The gems, in clockwise order, are:

1. Ruby for the Sun
2. Diamond for Venus
3. Pearl for the Moon
4. Red Coral for Mars
5. Hessonite for the Ascending Moon Node
6. Blue Sapphire for Saturn
7. Cat's Eye Chrysoberyl for the Descending Moon Node
8. Yellow Sapphire for Jupiter
9. Emerald for Mercury



<http://www.agt-gems.com/Planet/Navaratna.html>



www.polyvore.com

Planetary Traits of Other Gemstones

Stones associated with the Sun include Pyrite, Citrine, Yellow Turquoise and Gold. Solar stones are fiery, masculine in nature and represent action. Moon related stones are feminine and reflective. Intuition and dreams are lunar and watery. Silver, Moonstone, Opal, Selenite and Pearl are lunar.

Venus is the feminine planet of love and beauty. Pink stones such as Rose Quartz, Morganite, Rhodochrosite, Unakite, and Kunzite represent Venus.

Men are from Mars. Martian stones such

as Garnet, Jasper, and Hematite encourage vitality, action, energy and aggression. Saturn is the planet of Karma and duty. The seven year itch concept comes from Saturn making a quarter turn in our charts. Dark Jet, Flint, and Smokey Quartz are Saturnal.

Jupiter is the planet of expansion, joy, optimism and hope. Serpentine, Green Aventurine, Turquoise, and all types of Agate align with lucky Jupiter. Mercury is the planet of communication and transportation. Citrine, Rutilated Quartz, and Tiger Eye are Mercurial.

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*Sacred Stones
is a Division of
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We're on the Web!

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<http://www.sacredstonesforthesoul.com>

Practice makes Progress

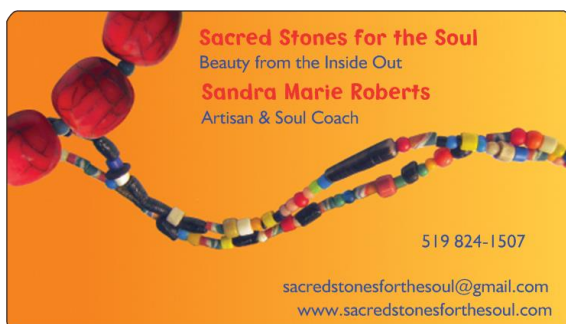
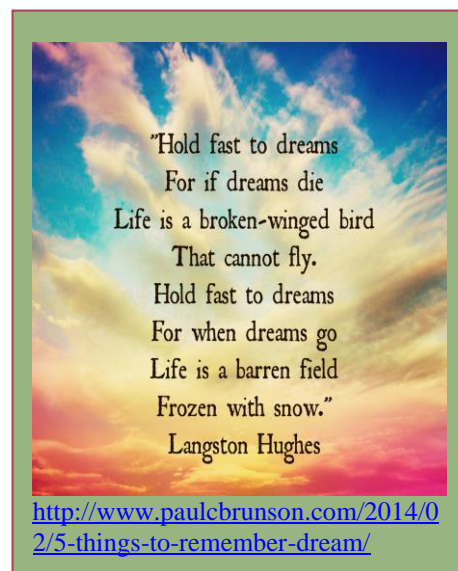
Do you remember your dreams?

1. The key is to catch them before you're completely awake.
2. Set your intention before you sleep to have a dream that you will remember and expect to.
3. Review the day's events briefly before you settle in for the night so that you don't have to use up your creative dreamtime to process the mundane.
4. Write down what you do recall. You will start to see patterns.
5. Pay attention to the emotion the dream provokes more than trying to analyze it with logic.
6. Dream dictionaries can provide insights into archetypal symbols, but trust your gut first.



Coaching Questions

- If you had a secret room, what would you use it for?
- What are your night or day dreams trying to tell you?
- Which gemstone draws you the most lately? Have you looked up its astrological significance?
- What planet do you live on?



Note: vibrational healing therapies, including the use of crystals, are not intended as substitutions for proper medical treatment, but rather as complementary holistic supports for conscious living.