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## Perspectives on Grounding Crystals



**Polished Hematite © Judith Hirst-Joyeux July, 2007**

Grounding is rather simple. Light assimilates into physical form; form enhances its vibration and gains empowerment. Grounding has always been associated with the earth. Electrical utility companies use copper ground rods driven 4-5 feet into the Earth throughout their networks; and ground rods are present in every building having electricity. Electrical charge goes to ground through the ground rod to complete the circuit of electrical current.

Those crystals, considered to be grounding stones, follow the same principle. They pull light into their forms and hold it. Form here is not the Earth nor is it precisely the stone itself. The form of the crystal, which has grounded its range of light frequencies, becomes oneness (light + form). Oneness has the Godhead imbibed within, and therefore, the capacity to resonate with all things. On our world this means, the grounding stone can crossover to allow light to flow between it and other forms. This is not to say they are adept, yet grounded light can be shared between forms, one to another.

Although the vast majorities of crystals attract and assimilate light within their own range of frequencies, what has become known, as a "grounding stone" is usually black, and infrequently brown in colour.

Because grounding is synonymous with our planet Earth, a proper grounding stone needs to resonate reasonably well. Earth's indigenous light frequency is black light, therefore the black stones, which carry black light, are best. Examples include Black Onyx, Smokey Quartz, Obsidian, Black Tourmaline, and Deschloizite to mention a very few.

The simplest grounding stone, and perhaps the simplest crystal, is Hematite. Its two qualities are readily apparent. First, it is shiny; and second, it is black. Hematite is one of the Earth's most potent grounding stones. Its black aspect attracts only the black light frequencies, while its shiny aspect reflects all others. Effective yes! But, not very versatile! It only deals with Earth's lowest frequency of black light to the exclusion of all others. Hematite is one of the four stones used in the Light Body layout, yet think of it as having the capacity to bring light to the lowest and densest of vibrations. It grounds the lowest vibration of the black light frequency into the lowest vibrations of form. If a part of a person's being and body are lacking light, Hematite is a good stone to start with.

Another stone of fascination is Obsidian. It is black and occasionally dark brown with white flecks and, indeed, a grounding stone. During Earth's infancy, Obsidian was so effective at grounding available light (within the range of black light frequencies) that it was given the honour of grounding the frequencies and energies of Earth's soul. Obsidian is alive. It carries the power of the planet within.

There is nothing to fear about Obsidian, yet its power can be easily misunderstood. It works with Earth's soul, yet it also works with the soul of whoever is using it. Obsidian's ability to orchestrate multiple soul frequencies, along with its potent grounding ability, makes it a powerful crystal. With so much soul, Obsidian leaves no room for ego. The difficulties that the user may experience, then, arise from the displacement of the ego. Naturally, the ego attempts to fight its way back to prominence. If the Obsidian is returned to the user's shelf before the user's issues have reached conclusion, the ego can return. The ensuing seesaw battle between the soul and the ego can be most disharmonious. The solution is to continue using the stone until the issues are resolved.

During Earth's earliest times, grounding stones created their own problem. They held light too tightly. They did their job of attracting light to Earth and of safekeeping it, yet letting it go was not easily achieved. The grounding function had to go through an evolutionary process. At first, grounding stones did not let any light go; therefore, light was not available to empower and enlighten other forms. Therefore, much time elapsed with little progress in the mission to enlighten the Earth. Eventually, however, sufficient light arrived, and with the help of grounding stones, it remained on Earth, even if not immediately available.

*-©Roger Joyeux. Roger is a light worker, healer, writer, and speaker. He journeyed to the Siddha Yoga ashram in Ganespuri, India in 1990; he danced the alignment of Earth at the 11:11 in Egypt in 1992; he channeled Archangel Michael at the Conclave of the Mother in 1994 at Mount Shasta; and he has created light stations in Alberta.*