



SUE WEAVER

WEAVING A HEALING HEARTH

GREEN AVENTURINE

“I am perfect balance and right timing”

Green Aventurine is a quartzite rock, created from quartz grains and fuchsite mica which gives the both the green colour and a gentle sparkle. The colour varies from pale to very deep green, sometimes with sparkly bits of pyrite. Being a rock, aventurine does not form crystals, but is always in massive form.

I was surprised when I met the Spirit of Aventurine as he was not what I had expected. He appeared as a green spiky little being who told me he was a wood elf. He took me for a walk through beautiful spring woodland, with fresh grass, spring flowers and small newly unfurling green leaves. The place was filled with peace, but also with life. As we walked through the woodland I noticed that the spikes on the body of the wood elf were smoothing down and laying flat. I knew that this was a reflection of my energy, not his, and that the more I came into balance through being in the woodland, the smoother he became.

Aventurine can both lessen overactive conditions and increase depleted or depressed conditions, whether physical, emotional or mental. It is excellent for calming anger and soothing a wounded heart; it is an aid in stressful times and a good, all-round general healer.

Like the spring woodland, it holds the energy of new beginnings. Aventurine can be really helpful when in new situations, starting new jobs or new projects. But there is a time for spring and for new growth. Seeds do not germinate in the autumn, nor do new leaves grow and unfurl. In the same way, in our lives there is a right time for all things, and Aventurine teaches us to recognize and understand the importance of right timing. In understanding and working with right timing, Green Aventurine may be used in combination with Amethyst.

Most Green Aventurine comes from India. It is fairly plentiful, and is found carved in many shapes, from spheres and eggs, to hearts, beads and buddhas.

Aventurine may be worn as jewellery, and a heart shape can be particularly helpful to heal a wounded heart. Hold a piece of aventurine in the hand, maybe a palmstone or thumbstone, in times of stress, anger or tense emotion. As with Amethyst, you can try holding or laying a small piece near to the location of pain.

Crystal Name:	Green Aventurine	Family Name:	Quartz – more accurately Quartzite as Aventurine is a quartz bearing rock
Meaning of name:	From Italian 'a ventura' meaning by chance		
Composition:	Rock formed from quartz grains and fuchsite mica (also sometimes pyrite or hematite impurities)		
Colour(s):	Pale to dark green with sparkly bits		
System:	Trigonal	Hardness/Mohs:	7
How it is found:	Massive aggregate – lumps!		
Transparency:	Opaque	Cleavage:	Weak
Environment:	Sedimentary rock formed from Quartz and Fuchsite grains which then become metamorphosed		
Found in:	India		