



SUE WEAVER

WEAVING A HEALING HEARTH

“I create with energy from Mother Earth”

Carnelian is orange chalcedony - a type of microcrystalline or cryptocrystalline quartz. This means that it does not form crystals like quartz, amethyst or smoky quartz, but is made up of many microscopic crystals. Like clear quartz, it is made of silicon dioxide and the tiny crystals are of the trigonal system. The orange colour is created by the presence of Iron Oxide (Hematite).

Carnelian may be yellow-orange, orange, red-orange or brownish orange, and is translucent or semi-translucent. Often it has visible bands, and then may be referred to as Orange Agate.

Carnelian warms the physical body, down to the bone! It is wonderful for cold, damp weather that goes on and on, and creates a physical feeling of well-being.

Carnelian brings more energy and inspires us, not just to get things done, but to be creative and to express ourselves by creating beautiful things – paintings, pottery, poems, knitted socks, crocheted blankets, beautiful wooden shelves, delicious cakes!

The depth of colour in Carnelian really makes a difference. Paler orange Carnelian is gentler, softly encouraging, confidence building, nurturing – use when you feel hurt, misunderstood or traumatized to support healing and help you to dare to emerge. Bright orange is active, joyful, energizing – use when feeling down in the dumps, when needing an energy boost, to encourage the expression of creativity inspiration, to stop procrastinating and get things done. The rich orange-brown is deeper, earthier and more grounding and helps us to truly connect with deep ancestral wisdom. I love all of them!

The Spirit of Carnelian appears to me as an ancient woman, sitting on the warm, orange-red soil, drawing symbols on the ground and making paintings from earth pigments. She is deeply connected with the soil – she knows that she is of the Earth. She is always creating, always manifesting, always bringing to birth.

At a spiritual level, Carnelian helps us to connect with ancient, ancestral wisdom held deep within Mother Earth – all that she has seen, all that has been. As women, she helps us to remember that we are not separate from Her – that we are Earth Goddesses and we hold her deep wisdom in our cells and have her ability to create. For men, she can help in understanding the deep power that is Woman, in connecting with their own inner feminine and in respecting and loving our Earth Mother.

Carnelian can be worn as jewellery, or you could carry a tumblestone, polished, carved or rough stone in pocket or purse.

For warming the body, to inspire creativity, or to connect with the Goddess within, try placing six Carnelians, evenly spaced round the body, with a seventh on the lower belly, below the navel.

If you suffer from S.A.D., combine Carnelian with Citrine or Golden Healer to warm the body, increase energy and bring positivity and optimism.

Crystal Name:	Carnelian	Family Name:	Quartz
Meaning of name:	Carnelian from Latin 'corn' meaning flesh; Cornelian from Latin 'cornum' meaning cherry		
Composition:	Silicon dioxide (SiO ₂), with traces of iron		
Colour(s):	Peachy orange, bright orange, rich brownny-orange		
System:	Trigonal	Hardness/Mohs:	7
How it is found:	Carnelian is a type of microcrystalline quartz, and is never found in single crystals		
Transparency:	Translucent to almost opaque		
Found in:	India, Brazil, Madagascar, many locations worldwide		