

# Lapis Lazuli

## The Origin & History of Lapis Lazuli

With a name that dances on the tongue, rich history with royalty and artists, and a shimmering deep blue hue that leaves eyes wide in awe, Lapis Lazuli is the epitome of all we adore about the mystical world of healing crystals.

Celebrated as being The Wisdom Stone, Lapis Lazuli was loved by the Ancient Egyptians and in paintings and scrolls is often seen adorning the Pharaohs, Queens, and Goddesses. Back then, it wasn't just used as a jewel, but was even ground down to become eyeshadow and elixirs. The beautiful blue stone was one of the highest regarded gems in Egypt. It came from the oldest mines in the world was given to those of great prestige. From the sarcophagus to the breastplate of the high priest, few jewels in the world rose to the status that Lapis Lazuli was able to reach.

In Persian folklore and across the ancient shores of South America, the stone was said to be the starry sky shrunken down into a precious gem, perhaps already holding all the knowledge of the universe. In Islam, it was chosen to be a protector against the evil eye, and Buddhists too would turn to this stone as its soft healing energy paved the way to inner peace.

Even when we entered the middle ages and European shores, Lapis Lazuli hadn't lost its celebrated splendor. Catherine the Great fell hard for the rich blue hues and had a whole room adorned in Lapis Lazuli. Michelangelo ground it down to blue pigment powder to make a striking shade of blue that we can see to this very day when turning our eyes heavenward when walking through the Sistine Chapel. What is it about Lapis Lazuli that ignites the mind and calls to the soul? Let's delve deep into its healing properties and find out more about this spellbinding stone and its glorious blue color.

For more information on the worlds most enchanting healing gems, check out our essential crystal guide right here.

## Lapis Lazuli Healing Properties

### Lapis lazuli bracelet

Lapis Lazuli comes from many far corners of the earth including the mystic corners of Afghanistan, the Ancient Roman shores of Italy, the new worlds of the USA and the wine-soaked lands of Chile. With a name that directly translates to Blue Stone in the old tongue of Latin, color is the first thing that calls to you when it comes to Lapis Lazuli. A shimmering shade of deep blue, sometimes flecked with gold and with violet shades shot through, it's no wonder Renaissance painters fell head over heels for this otherworldly poetic color. But beyond the bright indigo and marine blue marriage of shades, Lapis Lazuli holds a whole host of healing properties and is known for revealing deep inner truths, inviting you into authenticity and showing you the magic of your own mighty will. Here are all the ways in which Lapis Lazuli can help you live your very best life and get into full alignment with your own true soul.

## Physical Healing Properties

Just glancing at Lapis Lazuli is enough to lower your blood pressure. Its serene shades shift something inside, cleansing you from tip to toe in gentle grace. It's a beautiful booster for the immune system, especially in times when you have been feeling sluggish, low, or just out of whack with life. Depression, insomnia, and vertigo are all conditions where Lapis Lazuli isn't shy about lending a hand. It's a stone that entices you back to balance mentally and this has an amazing knock on effect when it comes to keeping us upright in our physical lives.

Lapis Lazuli also soothes inflammation and fights for both the respiratory and the nervous system. It unblocks problems with the throat and the thyroid. If you suffer from sore throats, vocal chord issues, or organ complaints, this stone works to flush the system and keeps you thriving.

## Mental & Emotional Healing Properties

Say yes to self-awareness and climb out of the shadows of suppression when you invite even more Lapis Lazuli meaning into your life. This healing crystal brings its rich shades of blue and regal flecks of golden pyrite to remind you of your own worth. It's an incredible stone for bringing out that stashed away self-knowledge that leads to authenticity and the freedom to live in one's truth. If you struggle to put yourself out there, if your confidence has been cut, then bringing the healing power of Lapis Lazuli into your daily life can be a complete gamechanger.

As it's a stone that encourages self-expression and invites you to speak the truth, this makes it an amazing tool for bonding relationships and forging close-knit friendships with those who can serve the true you. Being able to speak our truth is one of the most important things we can do to raise the vibrations of our soul. It helps us to stand true and strong in our own light, it cuts down on pent up frustration and anger, and it makes us more decisive in picking paths (both big and small) that are right for us.

The truth can be tough sometimes, but its important to turn over that stone and see what sits beneath. Yes, you may find limitations, but you will also find the incredible chance for growth and glory. The Lapis Lazuli crystal reminds us not to be afraid.

# What Are The 7 Stages of Grief?

Here is the grief model we call the 7 Stages of Grief:

## 1. Shock & Denial

You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level, in order to avoid the pain. The shock provides emotional protection from being overwhelmed all at once. This may last for weeks.

This type of grief is probably one of the biggest and most important stages that people go through once they start processing through the stages of grief after suicide.

Examples of emotions during this stage of grief:

- Mourning
- Sadness
- Confusion
- Discomfort

## 2. Pain & Guilt

As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs.

You may have guilty feelings or remorse over things you did or didn't do with your loved one. Life feels chaotic and scary during this phase.

Out of all the stages of grief after an affair, this is the one that might be most prevalent because realization sets in that their choice was something that could have been prevented and stopped and that this suffering and pain were preventable.

Examples of emotions during this stage of grief:

- Sadness
- Guilt
- Desperation
- Betrayed

## 3. Anger & Bargaining

Frustration gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else. Please try to control this, as permanent damage to your relationships may result. This is not a time for the release of bottled-up emotion. You may rail against fate, questioning "Why me?" You may also try to bargain in vain with the powers that be for a way out of your despair: "I will never drink again if you just bring him back"!

Depending on if you're ready for grief counseling, this is a step that it might be a good choice to look into.

Examples of emotions during this stage of grief:

- Anger
- Resentment
- Bargaining
- Stubbornness

#### 4. "Depression", Reflection, Loneliness

Just when your friends may think you should be getting on with your life, a long period of sad reflection will likely overtake you. This is a normal stage of grief, so do not be "talked out of it" by well-meaning outsiders. Encouragement from others is not helpful to you during this stage of grieving.

During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair.

Examples of emotions during this stage of grief:

- Depression
- Heavy
- Crushed
- Frustrated

#### 5. The Upward Turn

As you start to adjust to life without your dear one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your "depression" begins to lift slightly.

This is the part of the grieving process that you'll start to see the light a bit at the end of the tunnel. It's a middle ground of all the grief symptoms that you'll go through but it's one that you can build upon.

Examples of emotions during this stage of grief:

- Strengthened
- Motivated
- Awakened

#### 6. Reconstruction & Working Through

As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her.

Examples of emotions during this stage of grief:

Inspired  
Determined  
Refreshed

## 7. Acceptance & Hope

During this, the last of the seven stages in this grief model, you learn to accept and deal with the reality of your situation. Acceptance does not necessarily mean instant happiness.

Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled YOU that existed before this tragedy. But you will find a way forward. You will start to look forward and actually plan things for the future.

Eventually, you will be able to think about your lost loved one without pain. Sadness, yes! But the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living. You have made it through the 7 stages of grief.

Examples of emotions during this stage of grief:

Hopeful  
Comforted  
Relaxed  
Secure

## Stages of Grief After Death

Dealing with grief after death is one of the hardest emotions to try to understand and figure out. From the 7 stages of grief listed above, you'll notice that depending on the death, you might actually start out at a varied stage of grief. (They don't have to go in order).

Coping with grief after the death of a spouse is something that all married couples will need to prepare for and be ready to process. For many, the grief after losing their spouse will be almost too much to bear.

But if they're ready to deal with grief after the loss of their spouse, the stages of grief and loss above can help.

## **Affirmations for Acceptance and Presence**

I allow myself to feel this fully, to be here.

I let go of my resistance to this situation.

I'll never be the same person again, yet, that is okay.

I'm surrounded by support, seen and unseen.

I choose to heal my hurt spirit.

I'm not going to hold back.

I can still see the love in the world.

I'm moving through grief, and on to other emotions.

I can hold onto the love, and let go of the grief.

The universe lifts me, supports me, guides me.

I can accept help when it's offered.

Today, I choose to heal.

I can pay tribute by living my own life in a beautiful way.

I'm so grateful our paths crossed.

I am gentle with myself as I heal.

I focus on my blessings, goals and memories.