

## Red Jasper

Chakras - Base Chakra

Element - Fire

Vibration - Number 6

Red Jasper is gently stimulating and also an extremely protective stone. It can neutralise radiation and other forms of environmental and electromagnetic pollution. Red Jasper rectifies unjust situations and grounds energy. Brings problems to light and provides insights into difficult situations. An excellent “worry bead”, Red Jasper calms the emotions. Aids in dream recall. Cleans and stabilises the aura. A stone of health, Red Jasper strengthens and detoxifies the circulatory system, blood and liver.

What is Jasper?

Jasper is a variety of Chalcedony, which is a microcrystalline variety of Quartz.

Jasper Associations

Planet - Mars

Element - Fire

Typical colours - brown, red, orange, yellow, green

Healing with Jasper

♥ Relaxation ♥ Contentment ♥ Compassion ♥ Nurturing ♥ Consolation ♥ Tranquility ♥ Healing ♥ Completion

Jasper is known as the “supreme nurturer”. It sustains and supports through times of stress, and brings tranquility and wholeness. Jasper provides protection and absorbs negative energy. It balances yin and yang. Jasper clears electromagnetic and environmental pollution, including radiation. It encourages honesty with one's self. Provides courage to assertively tackle problems. Aids quick-thinking and promotes organisational abilities. Jasper stimulates the imagination and transforms ideas into action. Prolongs sexual pleasure. It supports during prolonged illness and re-energises the body.

If you have not yet encountered geranium essential oil, then you are about to be pleasantly surprised. This beautiful oil is essential in shifting the psyche from negative to positive.

There is no other essential oil that reaches down from the mind to uplift the heart in quite the same way. This is why it is so good in cases of recovery from trauma, grief, melancholy, and clarifying mental focus due to intense stress.

The warm, rosy smell of geranium oil is uplifting, energizing, and inspiring. It offers a sense of positivity and good health. There is not much this exceptional oil can't do for you. Emotionally it eases mood swings, anxiety, PMS and depression. It benefits mental health, reduces anger, wrinkles and signs of aging.

Geranium essential oil is diverse in its emotional benefits because it helps restore confidence, release anger, and manage overwhelming emotions. It is recommended for people who were deeply hurt in the

past, trapped in a large heart wound like grief or bad breakups, and those struggling to express their emotions.

Geranium essential oil blends well with a multitude of other essential oils, including:

eucalyptus	rose absolute	myrrh
lavender	ylang-ylang	cypress
lemongrass	clary sage	cedarwood
melissa	neroli	angelica

It is important to look at what is the goal of the blend you are creating. What are the subtle layers of emotion that must be addressed in order to help the body restore balance and a sense of inner calm?

That is how you create a targeted blend that can create shifts in the moment, but especially over time in regard to an individual's state of mind.

Trauma, moodiness, grief, and mental clarity for high levels of stress are 4 emotional issues that do not shift in a day or even a month. They are long-term challenges that require consistent daily support in order for the body to restore and maintain stability.

This is why a complex blend that is blended to be gentle is essential. And why the blend must be targeted for the layers that accompany the uniqueness of each of those 4 types of stressors.

### **1. Mood Enhancer**

Geranium oil is known to help people who suffer from anger, anxiety, and depression, and it especially supports women.

Studies have revealed that using geranium oil in aromatherapy massage can improve depression in postmenopausal women. The scent can decrease the anxiety of pregnant women during labor.

### **2. Preserve Mental Health**

A 2010 study demonstrated that geranium essential oil inhibited the production of nitric oxide and proinflammatory enzymes that play a major part in the development of neurodegenerative diseases, including Alzheimer's.

The study concluded that "geranium oil might be beneficial in the prevention/treatment of neurodegenerative diseases where neuroinflammation is part of the pathophysiology."

### **3. Feel Happier with Less Wrinkles**

Wrinkles are caused not only by damaged, aging skin, but also show up from stress held in facial muscles underneath the skin. This is why botox works so effectively because it relaxes muscles to eliminate wrinkles.

Geranium essential oil can help you keep youthful and radiant skin due to its potent antioxidant properties. A 2017 study has found that geranium has the power to reduce the appearance of wrinkles and slow down the effects of aging. It also helps improve aged and dry complexions.

#### **4. Release Anger and Stored Emotions**

Geranium oil is a natural diuretic. It stimulates your kidneys and promotes urination to help your body get rid of excess salt and water.

You've heard the expression to be "pissed," meaning angry. An increase in urination means toxins, chemicals, other pollutants and emotions stored in fat cells can be flushed out of your system.

It can also remove excess bile and acids from the stomach, which tend to increase with feelings of anger.

#### **6 Health Benefits of Geranium Essential Oil**

In ancient Egypt, geranium oil was used by the upper class to improve and beautify their skin. It was also used as an insect repellent and food flavoring. But modern science has since discovered that it offers more benefits to health and emotional well-being. The therapeutic properties of geranium oil include astringent, diuretic, haemostatic, and tonic, to name a few.

Physical health benefits of geranium oil:

##### **1. Fights Infection**

Studies show that geranium oil is highly anti-microbial, and has antibacterial and antifungal properties against at least 24 different types of bacteria and fungi. It can be used on a cut or wound to prevent infection.

You just need to mix geranium oil in a carrier oil and apply it on the area of concern. Athlete's foot, which is a fungal infection, can be treated with geranium oil as well.

##### **2. Treat Skin Conditions**

Because of its antibacterial and anti-inflammatory properties, geranium oil is an ideal treatment for some skin conditions.

Acne breakouts are usually caused by bacteria build-up on the skin, clogging the pores. It can help improve:

acne

psoriasis

eczema

dermatitis

rosacea

It's a natural alternative for harsh over-the-counter acne medications.

##### **3. Support Lung Health**

A 2013 scientific review discovered that geranium is effective in alleviating the symptoms of acute rhinosinusitis and the common cold in adults, and symptoms of acute bronchitis in both children and adults.

#### **4. Helps Tone Muscles**

Due to geranium oil's astringent properties, it helps in firming muscle tone (with the right type of exercise). It can also provide relief to muscle cramps, muscle aches, and sore muscles after an intense workout.

Mix 5 drops of geranium oil with a tablespoon of jojoba oil and massage it onto the affected area.

#### **5. Natural Deodorant**

If you want a chemical-free deodorant, mix 5 drops of geranium oil with 5 tbsp. of water and put it in a spray bottle.

Since geranium oil is a type of circulatory oil, it exits the body through sweat and emits a rose-like scent. The oil's antibacterial properties also aid in eliminating body odors so you keep smelling fresh all day!

#### **6. Natural Insect Repellent**

Geranium has been traditionally used as an insect repellent. In fact, it is found in most commercially prepared insect bite blockers. It is likely that the smell helps in reducing short range attractive cues. It is easy to make your homemade bug spray. Just mix geranium oil with water and spray it all over your body.

Geranium essential oil is an all-around natural remedy that is great for the mind, body, and emotional well-being. It heals the heart, instills love, empowers health, and fosters trust. It's an essential oil that should be in everyone's home. What are your favorite ways to use Geranium essential oil? Let us know by posting in the comments below.

#### **From Kaliana.com**

*About the Author: Kaliana has been studying natural healing since 1976. She developed her own line of aromatherapy products for emotions in 1995. She is a gifted intuitive, Master Energy Healer, author of 4 books, professional speaker, and offers private consulting for spiritual women and moms.*

*Kaliana is a certified Phyto-Aromatologist, graduated from Queens University as a Presidential Scholar, sat on the Board for Eating Disorders at The University of North Carolina, Chapel Hill, holds a 4-year Advanced Certification from the Mastery of the Heart School, and teaches certified courses for Continuing Education Hours by NCBTMB.*

All is well in my world.

I trust in the miracle of life.

From now on, I let go and trust in God.

I trust in the power of love to heal my body.

From now on, I trust my intuition.

I trust in God to bring the correct people into my life.

I trust in all that is.

I choose to trust other people.

I trust my partner and release any feelings of jealousy.

I trust that everything is going to be ok.

My inner child always leads me in the right direction.

I have a trusting, loving nature.

I have loyal, trusting friends.

I possess the ability to trust and to be trusted.

I trust in the process of life.

My trusting nature is reciprocated by everybody in my life.

From now on, I am a naturally trusting person.

I am becoming more and more trusting every day.

My trusting nature makes me feel free and alive.

I give myself permission to trust others.