



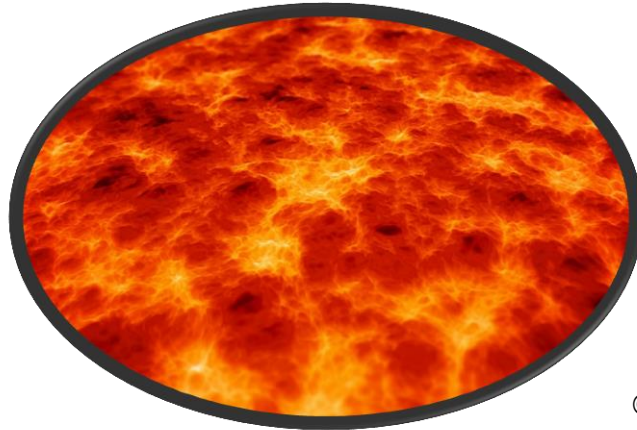
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<b>Mineral group</b>	a rock rather than a mineral, it is a mixture of cryptocrystalline grains of silica minerals in a glass-like suspension, a super-cooled liquid
<b>Colour</b>	Black, bluish, mahogany, golden, peacock, etc. - the variation in colours is due largely to refraction by microscopic bubbles (and microscopic mineral inclusions such as magnetite in "Rainbow Obsidian").
<b>Crystal System</b>	Amorphous
<b>Hardness</b>	5 - 6
<b>Lustre</b>	Vitreous
<b>Chemical Formula</b>	Complex silicate with inclusions
<b>Sources</b>	Worldwide but generally in volcanic areas
<b>Keywords</b>	Revealing; Cleansing; Transforming; Psychic protection; Grounding; Cleansing of negativity; Inner Power
<b>Caring for Obsidian</b>	Can be cleansed in water; According to Adam Barralet - Ideally place near a volcano to allow it to cleanse and reconnect with its fiery place of origin. When this is not possible, use fire.
<b>Other Forms</b>	Snowflake Obsidian Mahogany Obsidian 'Sheen' Obsidian Apache Tear Obsidian
<b>Notes:</b>	<i>Black obsidian stimulates personal growth on all levels by alleviating stress and promoting clarity, urging exploration of the unknown and opening new horizons. Working with black obsidian helps you to know who you truly are, enabling you to give more to the world with your newfound compassion and strength.<sup>1</sup></i>

<sup>1</sup> Barralet, Adam. Crystal Connections: A guide to crystals and how to use them

**INTRODUCTION**

Being created from the rapidly cooled lava of volcanoes, obsidian carries within it both the destructive and creative power of the volcano. Think about how the heat of the flowing lava burns and destroys everything in its path but on cooling changes and creates a new landscape and even new land!



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Obsidian is associated with protection, not just protecting you from the energy of others but also from your own negative thoughts and energy.

*The basic colour of obsidian is black and it is generally opaque; obsidian can be transparent if few other substances are present in its glassy composition (smoky obsidian or Apache tears). The variant with alternating opaque and transparent layers is known as striped obsidian. A distribution of fine bubbles of gas and glass lend obsidian a silvery or golden sheen (silver or gold obsidian), as well as tiny brightly coloured crystalline inclusions (rainbow obsidian) through refraction. When sanidine, cristobalite or tridymite crystallise out in obsidian, radiating inclusions are formed (snowflake obsidian). A high content of iron oxides sometimes gives rise to brown flecks (mahogany obsidian).*

*Crystal Power, Crystal Healing – Michael Gienger*

Dreamstone Crystal Companions  
**HISTORY & MYTHOLOGY**

Obsidian is apparently named after a Roman called Obsius, who - according to Pliny – was said to have brought the first gems to Rome from Ethiopia.

In ancient times blades, arrow and spearheads were carved from obsidian because it was discovered it can be cut to an incredible thinness, so much so that even today it is used in some scalpels instead of stainless steel as it can be used to create very fine incisions and leave less scarring.

Another popular use for obsidian, due to its vitreous lustre, was the creation of highly polished pieces as mirrors, particularly for scrying<sup>2</sup> - Mayan priests were believed to have done this.



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<sup>2</sup> the art of gazing into a dark mirror, water or crystal and going beyond the physical eyes, allowing the inner psychic eye to open and receive visions, images and information

**NOTES ON OBSIDIAN**

*The amorphous crystal structure makes obsidian particularly appropriate for emotional conditions. It takes on our "form," our pathology, to help cultivate the awareness to make change.*

*Obsidian has the dynamics of Fire, but the volcanic molten material cooled so quickly it was "shocked" into being glass. By the law of signatures, obsidian is good for treating shock. Sometimes shock is a mechanism to cause a major change in life. The shock can establish balance, or homeostasis. If, however, we are unprepared for the change, it can cause us to retreat from life and become depressed.*

*Stone Medicine – Leslie J Franks*

**BLACK OBSIDIAN**

Obsidian has the ability to cut through obstacles, making it a potent tool for emotional work. This dark stone can also aid in:

- Overcoming grief
- Breaking the grip of addictions
- Rising above depression
- Tackling fear, trauma & anxiety

**SNOWFLAKE OBSIDIAN**

Black obsidian with small white spots called *spherulites* of white sanidine, cristobalite or tridymite that look like 'snowflakes', hence the name.

Snowflake obsidian is good for:

- Meditation and introspection
- Bringing greater balance into your life
- Winter time, slowing down and going within
- Ensuring a fair and even distribution of finances, resources or responsibilities.
- Improving enthusiasm

**MAHOGANY OBSIDIAN**

The inclusions of magnetite or hematite are what give this form of obsidian its reddish brown colour.

Mahogany obsidian has the attributes of obsidian along with:

- Aiding in addressing anxiety
- Aiding the decision-making process

It is due to the distribution of fine bubbles of gas and glass (silver or gold obsidian), as well as tiny brightly coloured crystalline inclusions (rainbow obsidian) through refraction that produce the form known as 'sheen' obsidian. Rainbow Sheen Obsidian is good for aiding in treating states of depression.

### **APACHE TEAR OBSIDIAN FOLKLORE<sup>3</sup>**

Apache Tear Obsidian is a particular form which ordinarily looks solid black in colour but when you hold it to the light it is actually translucent and dark brown (almost like smoky quartz) in parts. It is composed of feldspar, hornblende, biotite and quartz and is a form of volcanic glass. Most commonly found in Arizona and other parts of the U.S.

The name is derived from a legend that says following several raids on settlements in Arizona by the Pinal Apaches, the military regulars and a group of volunteers followed the tracks of stolen cattle to the Apache secret location. There they waited until dawn before attacking. The Apaches were taken completely by surprise and more than half of them died during the first round of fire. The remainder retreated to the edge of a cliff and threw themselves off rather than die by the hand of the 'white man'. For years later their bleached bones and skeletons could be seen wedged in the crevices of the side of the cliff of Big Pacacho in Arizona.

The Apache Women, whose men had died, gathered a short distance from the cliff base, standing in the white sand and wept, realising that not only had they lost their warriors, but with them the great fighting spirit of the Pinal Apaches. Great Father was moved by their sadness and the burden of their sorrow that he embedded into black stones the tears of the mourning Apache Women so that when held to the light the translucent tear is visible.



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Apache Tears are said to bring good fortune and you need shed no more tears as the Apache Women have shed them for you. They are also good for emotional balance and protecting you from being taken advantage of.

### **PROTECTING YOUR AURA WITH APACHE TEAR OBSIDIAN<sup>4</sup>**

- First thing in the morning, stand at the side of your bed holding an Apache Tear Obsidian.
- Feel the energy of the Apache Tear Obsidian supporting you.
- Ask the stone to create an impenetrable barrier around you.
- Move the stone from your head out to your right side and down to your feet.
- Bring the stone back up to your head and take it your left side and down to your feet.
- Now visualise a white light coming down from above into your Crown filling your body with a spiritual energy that lasts all day.
- Cleanse the Apache Tear Obsidian ready to use again.

<sup>3</sup> Adapted from [http://www.firstpeople.us/FP-HTML-Legends/Apache\\_Tear\\_Drop-Apache.html](http://www.firstpeople.us/FP-HTML-Legends/Apache_Tear_Drop-Apache.html)

<sup>4</sup> Adapted from Mary Lambert – Crystal Energy p.107

**INTO THE VOID MEDITATION<sup>5</sup>**

For this meditation you will require a cleansed piece of obsidian of a size which can be comfortably held in your palm.

Ground & centre yourself

Set your intention for the meditation:

- Embrace change and experience the wonder in your life
- Gather courage to connect to your soul's purpose
- Or whatever your goal you wish to achieve

Sit comfortably and focus on your breath, feeling the weight of the obsidian in your hands gently pressing down on your palms

Focus your awareness on your connection to earth as you breathe in deeply and relax your body as you exhale

Gaze softly at the piece of obsidian in your hands and capture its image in your mind's eye

Close your eyes and visualise your consciousness contracting its awareness to a tiny point of light deep inside you

Breathe in deeply and on the exhale breathe this point of light into the obsidian stone

Imagine yourself being carried on that breath with the point of light which, on reaching the obsidian, slides easily through the stone's solid surface.

You are inside the obsidian, your surroundings are as dark as the midnight sky

You look around but are unable to get your bearings easily – you are truly in the void, the blackness & blankness that is all-encompassing

Continue to breathe in & out deeply, allowing your subconscious to bring up images, thoughts, feelings, which will usually reflect the states of uncertainty or fears you may have

You may experience feelings of anxiety or discomfort. Allow yourself to ask what it is about a given scenario that makes you feel uncertain

As each thought, feeling or image arises send love to it, then release it back into the void.

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<sup>5</sup> Adapted from The Seven Archetypal Stones – Nicholas Pearson



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Keep repeating this until the state of anxiety has loosened its grip on you and you can experience the beauty of the void without fear or discomfort

You may now wish to focus on a goal you wish to set for yourself – formulate an image or statement which reflects your desire

Fill yourself with feelings of joy & gratitude as you picture the positive outcome of this scene, then release it back into the void.

Now thank the void & the piece of obsidian then slowly return your consciousness & awareness back into your body

Take a few deep breaths as you feel your feet on the floor and your body being supported. Move your fingers & toes and when you are ready open your eyes.