

**TAO of Mayan Healing 10**  
**Healing Stones in Mayan are Sast'un (light stones)**



The healing stones of light that are aligned under my massage table for sessions have been gifted on my travels around the country. Each stone amplifies energy that coincides with the energy of a major chakra. The following photos and descriptions may help you to gather the proper stones of light for your healing work.



**Lapis Lazuli – Crown Chakra**

This stone was gifted on a healing journey in 1994 in Spokane, Washington. The unusual shape starts the line-up and points towards the universe.



**Crystal infused with Gold – 3<sup>rd</sup> Eye**

The sky blue color of this crystal is due to the infusion of gold. The first one was also gifted on the healing journey in 1994, but they are very soft and break easily, so it had to be replaced in Houston around 2002.



### **Blue/green stone – Throat Chakra**

This stone was gifted in 1997 at Beaumont, Texas healing sessions and the origins were stated to be unknown and not from this planet. It is a beautiful powerful healing stone for the throat chakra that is the communication center of the physical body. Turquoise would be a good healing stone also.



### **Citron – New Thymus Chakra**

This stone is a beautiful gold citron which was gifted in Beaumont, Texas and is perfect for the opening of the new chakra connected to the thymus. This chakra will be the light meter of the physical body and opens as each person raises their frequency.



### **Pink Quartz – Heart Chakra**

The pink quartz is the perfect stone for the heart chakra for opening the chakra, for clearing issues of resentment and pain and for activation. This stone was gifted in Houston, Texas for healing work in 1994. It is one of my favorite stones.



### **Sun Disc – Solar Plexus**

The sun disc was gifted in 1993 while on a healing journey to Atlanta, Georgia. It is a very soft stone and has broken twice. The energy is from the sun to open the Solar Plexus and release emotional issues. The Mayan ancients received energy from the Sun through the crown chakra and the solar plexus.



### **Petrified Wood – 2<sup>nd</sup> Chakra**

The petrified wood was gifted in Colorado on a healing journey and is excellent for the clearing of the intestinal area where all the shadow selves and abusive issues hide in the physical body. Spirit likens this chakra to a dark dusty basement with lots of places to hide.



### **Quartz with red coloring – Root Chakra**

This stone was a double point when it was gifted and was one of two that were used to anchor energy vortexes in sacred places. It split in half while anchoring a portal at the Four Corners area in the Anasazi lands. On my last visit to the Maya lands in 2000 the stone was placed on an alter to keep my life

path permanently guided by the ancient Maya.

Lolt'un Grotto is 26,000 years old and has always been a portal to many dimensions. In 1994 – 95 a blue – eyed Mayan guide gave our group a spiritual tour deep in the grotto and gifted me a crystal bead that was placed at his feet by the spirits for this work. In return my gift to him was a cylindrical shaped crystal that was filled with electric blue Pleiadian energy that he carried into the grotto every day until he retired. The Maya and the Inca are connected to the Pleiades and consider the third planet of the Seven Sisters to be their home.



### **Black Quartz – Grounding Stone**

This is the first stone that was ever gifted from the woman who performed my Initiation work and connected my Axiatonal lines. It was used for anchoring the portals in the sacred lands of the Anasazi and Maya. It is also placed at the end of the line-up under the table below the feet as a grounding

stone for all the energies that are amplified during a healing session. When using this stone in sacred lands the colors inside the stone change as it is held up to the sun for each location. Some places receive ruby red while others are golden amber and one was emerald green. Combining it with the Red quartz described above when working on the vortexes of the earth or in sacred sites allows the stones to become receivers for powerful pulsars from other dimensions that my physicality might not be strong enough to portal.

My advice when collecting sacred stones for your own healing work is to let them speak to you. Each stone has a resonance that your frequencies can identify and you will just know that the stone belongs to you.