



SUE WEAVER

WEAVING A HEALING HEARTH

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## SMOKY QUARTZ

“I honour my physical body and release any energy that is not in alignment with my highest good”

Smoky Quartz is silicon dioxide ( $\text{SiO}_2$ ) that, according to current understanding, has been exposed to radiation. It varies from pale smoky grey, through brown to black, and may be transparent, translucent or totally opaque. Occasionally it may have needles of rutile within the quartz, forming Rutilated Smoky Quartz. Smoky Quartz crystals generally occur in groups of six-sided prisms with pyramidal terminations; single crystals, singly or doubly terminated; or in massive form. Some Smoky Quartz crystals are extremely large indeed. Smoky Quartz sometimes forms with complex layered etchings, depressions and ‘extra’ natural terminations and are called Skeletal Quartz or Elestial Quartz.

The Spirit of Smoky Quartz appears to me as a very high, narrow waterfall. It falls from high above into a clear pool, creating an energy like that experienced when standing by a waterfall. There is a clearing of all negativity, which is then replaced by a bright, fresh, clear energy. But that is not all, for behind the waterfall is a cave which has a fire from deep within the earth. This fire is a contained fire; it is not wild – not even very big – but it is connected to that huge and powerful fire deep within the earth, and can draw on that. It can connect us with that energy and power in a contained and measured way, and remind us that we are always connected to the Earth, that our physical body is of the Earth, and that Earth energy is always available to us.

Smoky Quartz is a balanced energy, both masculine and feminine. It is a wonderful ally for release on all levels. One of my favourite crystal friends is a Smoky Quartz sphere that I have had for many years. Sitting and holding this crystal always brings relief from stress. It is as if the waterfall washes over and through me, taking with it pain, tension, fear, agitation, grief and so much more, leaving me calm and grounded. You could try holding a Smoky Quartz sphere, or a crystal, or a tumblestone at the end of a trying day. If you have four, six or eight Smokies, you could place them on the bed or couch, evenly spaced, and lie within this ‘net’ of energy. If you have crystals, place them with the terminations pointing away from the body.

If you have pain, a bruise, an area of infection, try holding a Smoky Quartz tumblestone to the affected area. If you have a crystal, hold the crystal with the point facing away from the body.

Smoky Quartz is a great teacher for helping us to accept and love our bodies, and to accept being in a physical body. If you have a reluctance to fully be present in physical life, possibly having a tendency to ‘space out’, Smoky Quartz could be a good ally. It is grounding without heaviness. To help with this, you can wear Smoky Quartz as jewelry; you can lie and place two Smoky Quartz

crystals or tumblestones in the groin – one on each side, and a third beneath the feet; or you could lie with a large Smoky Quartz crystal pointing down between your feet.

Smoky Quartz is found in Brazil, Colorado USA, the Swiss Alps, Scotland and other locations. Much Smoky Quartz that is sold for healing or made into jewellery has been artificially irradiated to make it darker, though depth of colour is not a reliable indicator of heat treatment, as some natural Smoky Quartz is almost black. This treatment is intended to create a dark gemstone for the jewellery trade, as transparent/translucent black stones are uncommon.

I have heard many people say that the very dark Smokies have always been heat treated, and that you can tell whether or not they are natural by the colour. This is simply untrue. I have also heard many say that artificially irradiated stones are of no use in healing. In my opinion, this is not the case for all such stones, though it may be true for some. As in many other situations, it is my belief, based on experience, that every crystal is unique, and such generalizations are confusing and unhelpful. Having said that, my personal favourites are quite pale, transparent and filled with rainbows!

<b>Crystal Name:</b>	Smoky Quartz	<b>Family Name:</b>	Quartz
<b>Meaning of name:</b>	Refers to the colour		
<b>Composition:</b>	Silicon dioxide (SiO <sub>2</sub> )		
<b>Colour(s):</b>	Palest grey brown to black. Usually transparent to translucent. The darkest, Morion, is opaque.		
<b>System:</b>	Trigonal	<b>Hardness/Mohs:</b>	7
<b>How it is found:</b>	Smoky Quartz crystals are six-sided prisms with pyramidal terminations. Smoky Quartz is also found in clusters.		
<b>Transparency:</b>	Transparent to translucent	<b>Cleavage:</b>	None. Conchoidal fracture
<b>Environment:</b>	Formed in rock cavities; it is thought that Smoky Quartz is created by natural irradiation of Quartz		
<b>Found in:</b>	Brazil, Madagascar, Africa, USA, Switzerland, Scotland (called Cairngorm)		