

Meditation

FOR PERSONAL POWER

Using Black Tourmaline



Black Tourmaline is a stone of personal power and protection. When utilized right, it can serve to clear negativity, ease stress, protect you from outside harm, and fill you to the brim with feelings of power and confidence.

Here you will learn exactly how to use this powerful stone to your advantage.

Cleansing and Recharging

1. When you receive your [set of six Black Tourmaline](#), the first thing you will need to do is cleanse them and then recharge them with your essence, so to speak.
2. Cleanse the six Black Tourmaline with whichever method you're most comfortable with. I would suggest running them individually through the smoke of burning Sage or you can also bury them outside in the ground for a few hours.
3. Once they have been properly cleansed, it's important to not only recharge them but mark them with "you". Black Tourmaline can be recharged in a few hours of sunlight or moonlight. When you go charge them place something with them that is a part of you. This can be a t-shirt, scarf, another crystal, a piece of jewelry, etc. Something that you use or wear often that is a favorite of yours.

Preparing for the Meditation

1. When the cleansing and recharging process have been completed, it's time to start your meditation session! Try to find a quiet place where you will not be disturbed for at least 5 minutes though pushing 15 minutes, if possible.

2. If you have a yellow candle, now would be a great time to use it. Yellow candles bring us confidence, motivation to bring plans into action, creativity, intelligence, mental clarity, clairvoyance and manifesting and realizing thoughts and ideas. If you need to get a candle, I suggest or [Jupiter Aromatherapy Crystal Candle](#) with Citrine. It's a wonderful candle of manifestation and good fortune. If neither of these are an option, please at least light one candle of any kind to bring fire energy into the room.
3. After you have gathered your six Black Tourmaline, found a comfortable place to meditate, and lit a candle in the room, it's now time to begin.

Find the Best Position and Arrange the Crystals

The positioning of the Black Tourmaline is important but can vary depending on how you choose to meditate. The basic layout includes one stone on each leg, one at the base of your torso/spine, one above the head, and one in each hand. So, I'll give you three examples including the most popular positions that people meditate in.

Sitting down with legs crossed in front of you (sometimes referred to as crisscross applesauce, Sukhasana, and Easy Pose): place a crystal on each knee, one in the center of your lap, one on the top of the head, and one in each hand.

Sitting down with your legs straight out in front of you (similar to Dandasana or Staff Pose): place a crystal on the top of each thigh, one at the apex of your thigh, one on the top of your head, and one in each hand.

Laying down on your back: place a crystal on top of each thigh, one on your lower pelvis (in between your hips), one on the forehead, and one in each hand.

Black Tourmaline Personal Power Meditation Guide

1. Once you are in place, your candle has been lit, and your Black Tourmaline has been arranged properly, it's now time to close your eyes and take in three deep breaths through your nose and exhale out each time fully through your mouth.
2. Continue to focus on your breathing as you count down from ten in your head until you get to zero.
3. It is now time to call on Manat, the Arabian Goddess of Waning Moon (pronounced Man-at). You can speak this affirmation aloud or in your head, whatever you are most comfortable with. Also, feel free to modify this as needed. You can personalize your request or even changed gods or goddesses if you feel more connected to another. "Manat, I call on thee to bring me your guidance, wisdom, and protection. I ask that you help show me the confidence, power, and strength that I already possess. Help me find it deep within me and bring it to the surface. The power of your Moon helps me to ward off negativity in my life and the sadness that can creep within. Please offer me your guidance to my own wealth of personal power and strength. I offer my gratitude to you, the Moon, the Earth, and myself."
4. After you have finished speaking to the god or goddess of your choice, make sure to thank them and yourself. Spend some more time focusing on your breathing and feel whatever comes. Allow the ground Earth energy to flow through your body as the Fire energy swirls around you. You are strong, you are powerful, you are confident, and you can take on the world.