

## **Session Five**

### **Ruby**

**You may be able to see hopefully the beautiful cut ruby image on this pdf - rubies have long been held and prized for their beauty. A symbol of Goddess like sensuality and beauty they are abundantly found in India and South Africa.**

**Rubies are a member of the Corundum family of minerals which are incredibly hard, in fact so hard that they are often used in machines to help tumble softer stones. Ruby comes as pink through to dark brown red. When they are cut and polished they are truly beautiful but even in rough form they hold a very powerful majestic energy and presence. When corundum occurs as blue, we call it sapphire. Sometimes you can find crystals that are a mixture of ruby and sapphire, so energies from both ends of the scale!**

**Rubies are very hardy and can be cleansed using water - but I find that due to their high spiritual nature, they like the sound of tibetan bowls and chimes to cleanse them also.**

**This is the last of our crystal journey sessions - it is best to connect to ruby first, then unakite and do the crystal journey.**

**A WORD OF WARNING: DO NOT PLACE RUBY NEXT TO YOUR HEART OR WEAR FOR ANY PROLONGED PERIOD OF TIME IF YOU ARE SUFFERING FROM HIGH BLOOD PRESSURE.**

**Please do now listen to the mp3 of the ruby attunement and work with your crystal. I would not recommend sleeping with it - but try it if you wish! I look forward to your feedback.**