



Hematite



Hematite has probably been used since the earliest days of human civilization. The ancient Egyptians used Hematite in the creation of their magical amulets such as the carpenter stone and head rest amulets and several heart amulets. Some of these amulets were treatments for madness and inflammation. The Greek word haima, which means blood, is the root of Hematite's name and originates from the stone's dark red streak. Hematite relates to Mars, the Roman God of War. The Romans glorified Mars more than the Greeks, who loathed Mars and knew him as Ares. Warriors in Roman times used Hematite as protection during battle. So strong was their belief in the power of Hematite to protect them that they thought it could even make them invincible.

It is interesting that very recently, the spectral signature of hematite was seen on the planet Mars by the infrared spectrometer on the NASA Mars Global Surveyor ("MGS") and 2001 Mars Odyssey spacecraft in orbit around Mars. The mineral was seen in abundance at two sites on the planet, the Terra Meridiani site, near the Martian equator at 0° longitude, and the second site Aram Chaos near the Valles Marineris. Followers of New Age religion believe that as the symbol of the Roman God of War, Hematite is a stone of protection, a belief originating from the Roman belief that it could protect and strengthen warriors going into a battle. In modern times, the powers of protection that spiritualists apply to the stone has expanded into the spiritual realm, where they believe Hematite can transform or absorb negativity or evil. It is also a worry stone with excellent emotional grounding properties that calm the mind and clears it of the distractions of stress. In this state, the person is ready for exploration of higher levels of consciousness.



Crystal healers credit Hematite with the ability to bring about a calm mental state, improve memory, mental focus and concentration, bolster self-confidence, and increase the effectiveness of logical processes of the brain. Mineral and crystal healers associate Hematite with blood and use it in their rituals for treating blood-related illnesses such as hemophilia, anemia, heart, kidney and liver diseases, cardio-vascular weakness, menstrual cramps, and nose bleeds. They also recommend it for use in treating the stress of jet lag, birth and surgery, tumors, insomnia, leg cramps, nervous disorders and fevers. Hematite was also a Native American remedy for dental problems, pimples, canker sores and alcohol abuse.