

Raven skull pendants by Hazel Raven

Obsidian: Keywords: Warrior of Truth

Obsidian rapidly breaks down outworn, undesirable patterns in our lives. It is cleansing, revealing, enlightening, transforming, grounding and protecting. Black obsidian powerfully eliminates negative energy from the aura and environment; it also removes negative energetic attachments, hooks, cords and implants. It aids energy flow in the meridian system by swiftly removing blockages. Obsidian draws the quality of our Divine essence into our physical body; this purges the negativity and activates 'the Divine essence within'.

Clear Quartz: Keywords: Master Healer

Clear quartz increases clarity of thought and sharpness of perception. It is brightening, organising and amplifying. Clear quartz amplifies and strengthens the aura, as well as enhancing the memory. Clear quartz is by far the most versatile and multidimensional crystal of the mineral kingdom, as such it is the 'Master Healer' and the only fully programmable stone. Clear quartz is a stone of Light, bringing heightened spiritual awareness and growth. Sleeping with a clear quartz crystal enhances dream recall, as well as deepening the meditation experience.

Raven Medicine: As the bringer of Light, Raven represents magic, transformation and synchronicity. Raven's power is at its most potent at the Winter Solstice. Raven strips away undesirable and worn-out conditions, clearing and cleansing the entire energy-field to allow life-affirming energy to flow-freely. Ask yourself "is today the day I let go of things that no longer serve my highest good". Raven also brings deep Soul healing by resolving the conflicts of opposites which may have been causing dis-ease. Ravens are also curios and playful and delight in flying-freely.

Mythology - Over the centuries, it has been the subject of mythology, folklore, art, and literature. In many cultures, including the indigenous cultures of Scandinavia, ancient Ireland and Wales, Bhutan, the northwest coast of North America, and Siberia and northeast Asia, the common raven has been revered as a spiritual figure or god. In Tlingit and Haida cultures, raven was both a trickster and creator god. Related beliefs are widespread among the peoples of Siberia and northeast Asia. In Norse mythology, Huginn (from the Old Norse for "thought") and Muninn (Old Norse for "memory" or "mind") is a pair of ravens that fly all over the world, Midgard, and bring the god Odin information. Additionally among the Norse, Raven banner standards were carried by such figures as the Jarls of Orkney, King Cnut the Great of England, Norway and Denmark and Harald Hardrada. In the British Isles, ravens also were symbolic to the Celts. In Irish mythology, the goddess Morrígana alighted on the hero Cú Chulainn's shoulder in the form of a raven after his death.

Raven as Protector - In Welsh mythology they were associated with the Welsh god Bran the Blessed, whose name translates to "raven." According to the *Mabinogion*, Bran's head was buried in the White Hill of London as a talisman against invasion. A legend developed that England would not fall to a foreign invader so long as there were ravens at the Tower of London.