

stone &
mineral
essences
descriptions

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original writings by
Chanelle A. Bergeron of

moon by moon apothecary

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All descriptions are for stone & mineral essences
crafted by Chanelle & which are currently
available in the apothecary's shoppe.
In these pages you will find:

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Abalone made with a small bit of Abalone shell that I found along the shores of Big Sur on the California coast. Abalone is both protective & softening all at once. It is an essence that honors our unique forms of sentience & sensitivity. Abalone connects us to & brings us into conversation with the mother tongue: the primordial place we all come from, that place that is pre-thought, pre-language, & timeless. It brings us to a place of deep understanding of all that is & then helps us to form expression around this. Abalone helps us to deeply listen: like putting a shell up to your ear to hear the ocean inside, reminding us that we are part of the vast rhythms of the world, the deep waters of the seas, & we each are pearls of wisdom held within time & space. It is an essence that nourishes our inner worlds--the subconscious, imagination, & the collective unconscious. This essence has an affinity for the soft spots in us: tissue, smooth muscles, the inner child... Abalone protects the dreamer within us. Abalone helps us to find stillness within the ebb, flow, & break of the waves. It brings to mind the words of Lao Tzu, "To a mind that is still, the whole universe surrenders". Especially nice for empathetic & sensitive people, this essence helps us to protect the soft, vulnerable places held within—to shield them, building a beautiful & opalescent layer to cover our internal landscapes & to give voice to the ancient, primordial, universal wisdom we each contain within.

Amethyst this essence was made in Savannah, GA on the night of 08 February 2016 while the new moon was in Aquarius. Amethyst essence is a sip of calm, collected, & cool thinking. It helps us to step outside of overly emotional spaces, gifting us with a nice dose of perspective & distance from where we are standing in our lives. Thus, it can be helpful in all manner of clarifying: of vision, of mental space, of intention, & of consciousness. Like a cool stream, Amethyst clears the mind that is foggy, too full, unfocused, or closed off/has a blind spot to the perspectives or experiences of others. It helps us to perceive things as they are & eases swarming thoughts thus allowing for focus. Amethyst keeps our minds open, allowing for true sight & understanding to emerge from within us--encourages us to envision & realize our dreams.

Basalt made in the late morning of October 20, 2017, fresh out of the new moon in Libra. Basalt is the second most abundant stone on the planet, making up the entirety of the ocean crust. It is also known as lava stone because it formed from molten lava that solidified quickly after a volcanic eruption, thus it has a strong association with the magic & medicine of a volcano's clearing, dispersive, & even destructive power. Basalt essence is very deep, connective to the oceans, time, & formation making it quite transformative. It helps us to stop the constant flow & instead focus on yielding into form. Basalt gives a rest/break so that we can experience the culmination of our work. Volcanic basalt is porous, open, honest. It aids us in the process of melting, merging, melding, & mending.

Carnelian this essence was made as the new moon passed from Pisces into Aries in March, 2018. Carnelian is a stone of warmth, joy, confidence, health, motivation, & creativity. This essence feeds our inner fire, it nurtures us from the inside out, from the soul onwards. Carnelian is like an ember that won't go out, helping to fuel & light our ways, even when we feel the way is dark, uncertain, or full of shadow. Carnelian essence bolsters us, imbues us with bravery, energizes us, helps us to transmute through fire, & free ourselves as we transform from one form to the next. Like the myth of the salamander who is renewed by fire, this essence rejuvenates & fills us with the fire of life.

Chain of Gold this essence was made in Raleigh, NC with an antique golden chain beginning on the night of 26 April 2016 until sunrise the following morning, while the sun & moon were in Taurus. Chain of Gold essence surrounds us in a halo, a golden ring of light. Thus, it allows us to feel the radiating warmth & joy of life, to feel energized & filled with creative inspiration, to come out into the spotlight. This essence reminds us of our own inner wealth, restores our reserves, brings us into contact with our own personal strength & endurance. It teaches us that no matter what, our life & the gifts we have to share with the world are innately valuable & unparalleled, because they come from our authentic self. While Chain of Gold also connects us to our ability to manifest our desires into reality, it also holds the reminder of all the "behind the scenes" work it takes to dream & create something truly lasting, so there is a perspective & love for the work that is ever-present in its energy. This essence makes us feel confident to shine, it encircles us, nourishing & protecting our spirit & creative workings.

Citrine made in Savannah, GA while the new moon was in Aries on 18 April 2015. Citrine is an essence that tends to & brings our solar plexus into balance. Energizing, invigorating, & helps us to build our personal strength & vitality. Feeds our reserves, bolsters our confidence, & instills courage. An essence of initiation/beginnings, but also of restoration. Helps us see that if we don't take the time to take care of ourselves, then nothing will really get done. Gives us the motivation to put things in motion, but it also helps us to rest when we seemingly can't slow down or tend to our own needs. Inspiration & pause. Inhale & exhale. The fine line between creative force & running oneself into the ground. Keeps our fire in check, so that it does not all go out at once, but rather burns steadily. This is your reminder to be self-attentive, to recharge, perhaps a sense of patience, pace, & timing rather than action.

Double Clear Quartz made with two pieces of Clear Quartz in an antique coupe cocktail glass on the Vernal Equinox of 2017. As the essence began, I rang a bell over it & then allowed it to sunbathe from late morning until late afternoon. The essence

was left outside to soak in the entire sunny day, the birdsong, & the spring breeze. As stones go, Clear Quartz is by far one of the most versatile stones & a great mineral to begin your journey into mineral medicine with. This essence is deeply & fervently renewing, cleansing, clarifying, & directive. It is brisk, energizing, inspiring, & vibrant: like a crisp breeze & the first waters running free from under the ice; like a bell being rung throughout the body. Clarity within, clarity without. Rejuvenating, aligning, & awakening.

Emerald made throughout the entire day until sunset on Summer Solstice, 2016 in Raleigh, NC with two pieces of raw Emerald & surrounded by all the greens of the plant world, which thrive under the midsummer sun. Hildegard von Bingen once said, “all the green of nature is concentrated within the emerald,” which I believe speaks so much to the essence itself. Emerald captures the lushness of life—the pulsing, growing, vibrant collective which we & the rest of the world’s creatures are part of. It is harmonious, celebratory, expansive, & inspiring. At its core, Emerald is a heart medicine & it is the heart’s song: in this essence is the great rallying call to life. Emerald teaches us to about living in harmony & balance with self, another, & the world at large. It imbues freshness of spirit, vitality, & reverence for our bodies, selves, & each other. A lovely essence for bolstering self-esteem & confidence & compassion towards the self. Nurtures the heart, eyes, & imparts the energy of friendship, love, loyalty, & domestic bliss to partnerships (of all kinds!).

Herkimer Diamond this essence was made on the Summer Solstice of 2015 in Savannah, GA. Herkimer is not actually a diamond, but a relative of quartz which can only be found around the Fingerlakes in Herkimer, NY. Often Herkimer Diamond comes to us around times of loss, loss of old ways of being in relationship to our lives or to another. Herkimer holds space for this loss; thus, it shows us where this relationship was blocking us from our inner light, from truly transforming, from where we were stuck. It is known as the “stone of attunement” & acts as such in the body ~ bringing alignment & clarity to us like a ray of light. Herkimer helps to illuminate our authenticity, our desires, & how we express those desires; inspires movement through places in the mind that are stuck or blocked; energizes us, encourages us to put ourselves “out there”. Clears the way of things which are not working so we can accept new ways, perspectives, or gifts. Herkimer provides a celebratory envisioning of our light & gifts, & how we share that with others: like a prism, dispersing our inner light through the body & out into the world.

Labradorite This hypnotic essence was made in October 2017. There is a myth that tells of the creation of Labradorite: that it fell from its place in the Northern Lights to become the mineral we know--making this a physical manifestation of the

Aurora Borealis coupled with the cold Atlantic. This essence is a deep & oceanic song, swaddling us in its mysterious waters, holding us down in the very seat of ourselves, & yet giving such an expansive vision of the stars... of the night sky, filled with the otherworldly light of the Aurora Borealis. This essence connects us to our inner magic & makes us more aware of the consciousness we have underneath our waking worlds---that of dreams & reflection. It allows us to acknowledge & interpret the synchronicities which awaken us to a greater sense of knowing & connectivity in our day to day lives.

Malachite & Morning Rain this essence was made in Redding, CT with a small piece of Malachite on a night early in August & was left outside where it collected the next morning's rain. It is refreshing & sends a ripple effect of this freshness throughout the entire body. Malachite helps us to tune into, trust, & follow the topography of the heart: following its path, like tracing the rings of a tree. This essence aids us in transformation while reminding us to hold onto what is important to us. Re-instills our inner beliefs as we transition from one form to the next. Strengthens our sense of self, our own authentic path, & restores a sense of faith when we feel that we are being tested.

Obsidian made on the eve of a new moon in Aries on 27 March 2017 until the following morning in Raleigh, North Carolina. Obsidian is helpful for surrendering into the dark—for going through the looking glass: it draws us into its mystery & into our own mysteries. Like stepping behind the curtains of ourselves, Obsidian is incredibly quiet & protective. Being made of silica & lava, Obsidian connects us to the ancient mysteries of the Earth & its formation. Because of this, Obsidian can help us to understand our own ancient mysteries & how we have come into form, how we have become who we are. Obsidian gifts us the chance to reflect & to look at our formation from the inside out. Through the looking glass of Obsidian, we are guided to dance with & face our shadows for what they are: aspects & forms of our past that trail behind us with the rich inky depths of our existence. With Obsidian, we get to see in & into the dark. It also aids us as we align with our most authentic/truest selves, with our purpose. Obsidian encourages us to bring ourselves out & into the light, pulling the curtains aside when we are ready to, not before or because we feel we must. Work with Obsidian to honor your private life, your complex depths, & those of others.

Pyrite & Ice made on the first day of Aquarius season, under the peak of a lunar eclipse in Leo, during the last few hours of 20, January & into the first hour of 21. January 2019 with two pieces of Pyrite. Regal, powerful, strong, & steady this protective essence allows for our hearts to shine forth ~ illuminating the way head, radiating our true intentions outward.

This essence helps to melt away false pretenses, old vestiges of self, & to clarify purpose. It is all heart & lungs, inspiring our actions with courage & bravery, pushing us to step up & fulfill our unique work in the world. Where we have turned cold, this essence will thaw, who we have become, this essence will radiate. It reminds us that we are strong enough to carry ourselves in life, that it is just as important to center our needs as it is to be open & generous. Pyrite & ice will dissolve untruths while nurturing & protecting our inner child selves & our inner wealth. It helps us to step into our power. A perfect essence for calling in the energies & people most aligned with us. Reminding us to be selective about who is invited into our circles.

Rhodochrosite made with Sea Song Root in Savannah, GA under a Sagittarius new moon during December 2015.

Rhodochrosite is a remedy for home-sickness & the feelings associated with it: wanderlust, anxiety of missing out on something, or for that discomfort you can't quite put your finger on but that sits in the gut. This essence helps us to feel at home in the world at large, appreciating & nourishing the body we have a home in, as well as the physical location we live in. Rhodochrosite puts the earth under our feet, settles the stomach, instills self-compassion, & broadens our perception of home. This essence helps impart a sense of self love & appreciation, so any doubts you may have that are preventing you from offering your beautiful work to the world can be set aside.

Rose Quartz made in New Orleans, LA on the 14 of March 2015 at the Maypop Community Herb Shop with a wonderful group of people. Rose Quartz is heart medicine & is deeply healing---it softens us yet helps us to have & create strong boundaries. It is patient yet it also pushes us. it teaches us openness, tenderness, & that it is okay to cry. Rose Quartz reaches to our very core, our heart of hearts & says sit, rest awhile, be here, you are safe. Rose quartz helps to dissolve tension around the heart & lungs, reminds us to exhale, & gently pushes us forward. Because it has so many calming, soothing, grounding, & loving qualities to it, call upon it for both acute & chronic trauma, to relieve stress, for panic attacks, & as a general panacea for emotional strife.

Selenite made in Savannah, GA on the night of 20 January 2015 while the new moon was in Aquarius on the Lunar Imbolc until the following day. Selenite essence is illuminating, clarifying, expansive. It brings us into a place of reflection & awareness of the opposing forces in our lives & in the world at large: the laws of attraction where what one lacks, one draws in & vice versa. Selenite shows us the mirror image, the congruency, the way we meet in the middle: a convergence & it allows us to sit in the in between, in the liminal spaces between what once was & what will be. This essence holds us in

meditative states, guiding us to tune into the interior dialogue & let it flow past us--just noticing, letting the inner waters clarify as the thoughts pass by. Selenite essence is the reflection of the moon in the still darkness of the lake water & it is the bright hollow of the sun hitting your eyes: it helps us understand that which we can't grasp/hold by inviting us to simply allow, release, be held in the light of consciousness.

Smoky Quartz (dark & stormy) made at 5.00 in the morning on the full lunar eclipse in Aries on the 8th of October, 2014 in Jamestown, RI. The stone used to make this remedy was washed in sea water & rolled in sand, while the jar caught a bit of rainwater from a thunderstorm overhead. This essence is grounding & calming, thus helping us to drop into an intuitive state & integrate what we receive. It is very dispersive, protective, & harmonizing, helping us to regulate & release unwanted energies from the physical, emotional & mental bodies, so that we are not taking on other's spirits/energies too much. Smoky Quartz reminds us we need not look so hard/fight too much to see the answer: that even a glimpse provides us with clarity & knowing. It is an anchor & provides insight despite the clouds which may be covering our conscious sight: allowing us to do our work under the cover of the smokey veil this stone provides

Tektite made under the new moon in Scorpio in November 2017 with a single piece of Tektite. Also known as Inkstone, Tektite is a glossy black naturally formed silicate glass that has many mysteries surrounding its creation & origin. This essence is for ringing clear, washing away whatever does not ring true for you. Tektite helps us to stay grounded amidst uncertain times, to move with grace through uncertainty, to trust in life's mysteries enough to let them unfold. may come into our lives at a time of upheaval, confusion, or in the midst of a storm to remind us that we have the ability to start fresh, from a clean slate. It helps us to transfigure & to redraw our lives so that they may align with our higher purpose & innermost desires. For strong connection to earth & self, for rising emboldened from the ash that has freshly fallen from the stars.

Turquoise made under the full strawberry moon in Sagittarius on 09. June 2017 until the following morning. A small piece of turquoise wrapped in sterling silver was placed in the smallest drinking glass I have, making this smallest essence I have ever made—a reflection of the rarity of this stone. Turquoise is an essence of clarity: of purpose, in communication, envisioning, & perspective. It helps us to make room inside of ourselves to imagine the impossible as possible; that we can create our reality by simply dreaming it. Both intricate, in the details, & expansive: a reminder of the rarity of the planet we live on in the vastness of the universe, as well as the rarity of you living on this singular planet held in the palm of an

unfathomable universe. Turquoise helps us to not take our planet or ourselves for granted: it reminds us to cherish the earth we live on & the unique body that you live in. Protective, soothing, & full of movement.