

PERIDOT



The meaning and symbology of Peridot is one of friendliness, purity and simplicity. It is an excellent stone for protection, especially if worn around the neck to protect from negative energy. It is also perfect for the cleansing of negative emotions, such as jealousy or a wounded ego. Wearing Peridot gemstones can help you stay cleansed and protected, and also helps you reach a higher level of insight and consciousness.

Folklore and Mythology of Peridot

Peridot was one of the stones worn in the breastplate of the High Priest Aaron, one of the 12 stones that protected him from battle. It has been used traditionally in the ancient Incan civilization to give clear-mindedness. Native Hawaiians have a legend that Peridot is the tears of their goddess, Pele. Napoleon gave a Peridot ring to Josephine as a testament to his undying love.

Ancient Greeks called Peridot "evening emerald" because its color became a deeper green at night. Peridot was sacred in ancient Egypt: High priests made cups out of large specimens of Peridot from which they drank their ceremonial "soma." The Peridot was said to bring wisdom and enlightenment.

Healing Properties of Peridot

Peridot has been traditionally used to heal the heart, spleen, lungs and digestive tract. It has been successful in healing and relieving pain from stomach ulcers. During birth it is also helpful in stimulating contractions. Peridot is useful in regulating all physical cycles.

