

Howlite

Howlite is a beautiful white or light grey stone known for its calming properties and intricate, marble-like veining. It is often used in jewelry and healing practices to promote tranquility and reduce stress.



Fun Facts:

Color: Howlite is typically white or light grey with distinct grey or black veining that resembles a spider web or marble pattern.

Origin: Howlite was first discovered in Nova Scotia, Canada, in the 19th century by a Canadian chemist and geologist named Henry How, after whom the stone is named.

Healing Properties: Howlite is known for its calming and soothing energy, making it an excellent stone for meditation and stress relief. It is believed to help alleviate insomnia and promote restful sleep.

Chakra Association: Howlite is often associated with the crown chakra, enhancing spiritual awareness and connection with higher consciousness.

Physical Benefits: Some practitioners believe that howlite can help balance calcium levels in the body, supporting bone health and aiding in the health of teeth and hair.

Emotional Benefits: Howlite is said to help calm an overactive mind and reduce levels of anger, stress, and anxiety, making it a popular choice for those seeking emotional balance.

Metaphysical Uses: This stone is often used in meditation to enhance focus and concentration, and it is believed to assist with memory retention and the acquisition of knowledge.

Appearance: Howlite is often polished and used in jewelry, such as beads for necklaces, bracelets, and earrings. It is also sometimes dyed in various colors, such as turquoise, to mimic other stones.

Affordability: Howlite is relatively inexpensive compared to other gemstones, making it a popular choice for both jewelry makers and collectors.

Did You Know?: Howlite is sometimes referred to as the "stone of awareness" due to its ability to open the mind to higher wisdom and insights.