

SODALITE: MEANING, ORIGIN AND PROPERTIES

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LA SODALITE

**Signification, origine et
propriétés**



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Often confused with lapis lazuli, sodalite is a fine azure-blue stone veined with white, gray or pink. Highly appreciated in jewelry and lithotherapy alike, it is used to create necklaces, bracelets, pendants and earrings. Make your own natural stone jewelry with our [sodalite](#) jewelry components and [beads](#)!



What does sodalite mean?

The name sodalite comes from the Latin "soda" meaning sodium and "lithos" meaning stone. So it's the stone of sodium!

The origin of sodalite

Although blue sodalite was surely used by ancient civilizations to make jewelry and decorative objects, its "official" discovery was not made until 1806 in Greenland. It was first identified and described by Scottish chemist and mineralogist Thomas Thomson in 1811. At the beginning of the 20th century, during a diplomatic visit to Canada, Mary de Teck, wife of King George V, fell in love with this blue stone. She commissioned a large quantity for the decoration of Marlborough House in London, contributing greatly to sodalite's popularity.



Flat cabochon



Olive pearl

Faceted ball charm

What color is sodalite?

This gemstone is a deep azure blue, with light veins and flecks of white, gray, violet and even pink. It is a fine stone, both opaque and translucent. Because of its blue color, it is often confused with lapis lazuli.

What are sodalite's properties?

This blue stone belongs to the Feldspathoid family. Its hardness ranges from 5.5 to 6 on the Mohs scale, and its density from 2.27 to 2.33.

Where to find sodalite

The main sodalite deposits are found in Afghanistan, Bolivia, Brazil, Canada, France, Greenland, India, Italy, Pakistan, Africa and the United States.



What are the benefits of sodalite?

In lithotherapy, sodalite symbolizes understanding. It promotes mental clarity, communication, intuition and creativity. It also helps develop self-control and logic.

Sodalite is considered a stone of balance and calm. It is also said to be a perfect stone for meditation.

Sodalite is associated with the throat chakra. This is the chakra linked to communication, self-expression and listening.

Please note: our gemstones are not sold for lithotherapy. The effects of stones have not been scientifically proven. Natural stones are not a substitute for medical expertise or treatment.

How is sodalite recharged?

Like all natural stones used in lithotherapy, sodalite needs to be purified and recharged regularly to restore its full energy.

There are several ways to cleanse and purify it of its negative charge:

- with distilled water: simply rinse or place in a container filled with water for a few hours. Caution: salt water may damage the stone.
- with fumigation: the purifying smoke of sage, palo santo or other herbs is an effective method. This method involves passing the smoke around the sodalite for a few moments.
- with earth: this technique involves burying the stone in the ground overnight. Don't forget to clean and dry the stone after digging it up.

It can be recharged by placing it for a few hours under sunlight or moonlight overnight. To amplify the process, place it on a quartz cluster or amethyst geode.

How to wear sodalite

Sodalite is a natural stone that goes equally well with warm and cool colors. Gold filled (rolled gold), 3-micron gold plating, gold-plated stainless steel, 925 fine-gold-plated silver and even rose gold will enhance its intense color. But if you're looking for cool elegance, 925 silver or stainless steel would be perfect.

In lithotherapy, it's advisable to combine it with complementary stones or stones with similar energetic and synergistic properties, such as lapis lazuli, amethyst, howlite, rock crystal or blue calcite. But there's nothing to stop you using it with other gemstones.

Which stones should not be combined? Lithotherapists advise against wearing stones with opposing energies. The combination of black tourmaline and sodalite, for example, should be avoided.



Gold-tone hoop ear rings with sodalite



Necklace and bracelet with round sodalite beads, mini hematite rondelles and charms



Sodalite and fine gold sunburst ear rings

Earrings with sodalite stone and pleated sequins

Result