

# Cairngorm



**Cairngorm** is a variety of quartz crystal found in the Cairngorm Mountains of Scotland. It usually has a smoky yellow-brown color, though some specimens are a grey-brown.

Like other quartz gems, it is a silicon dioxide crystal, with a small amount of ferric oxide impurity which gives it the characteristic color.

It is used in Scottish jewelry and as a decoration on kilt pins and the handles of sgian dubhs. The largest known cairngorm crystal is a 23.6 kg (52 pound) specimen kept at Braemar Castle.

Colored glass is typically used today instead of Cairngormstone. Beware imitations!

In scrying, cairngorm is said to help process and release that which is no longer needed. It balances the energies of mind and body. Scrying (also called crystal gazing, crystal seeing, seeing, or peeping) is a magic practice that involves seeing things supernaturally in a medium, usually for purposes of divination or fortune-telling. The media used are most commonly reflective, translucent, or luminescent substances such as crystals, stones, glass, mirrors, water, fire, or smoke.