



## Rose Quartz

**Key Words** – Love, kindness, healing of the heart and emotions, connection with the Divine

**Chakra** – the 4th (heart chakra)

**Element** – Water

Rose Quartz is a member of the Quartz family, and its name is derived from its beautiful color, which ranges from very pale pink to deep reddish pink. The clarity can range from opaque to translucent to transparent but most transparent pieces are a bit cloudy. Don't let the paleness of some of the stones make you think that the Rose Quartz is not a powerful stone. It is one of the most important stones we can own and use, and is needed today maybe more than most. It is basically found in Brazil and Madagascar, as well as South Dakota in the US.

### Spiritual and Healing Qualities

The Rose Quartz has definite heart-healing properties, both physically and spiritually. It will heal the wounds and hurts you may have, and can make you feel a joy in your heart that you have not felt for a very long time. It will help you to dissolve any tensions in your body, and the stresses that come with day-to-day living. It is a soothing stone which will ease the mind, the heart, and the body.

Rose Quartz has the ability to connect you to the Christ consciousness, since we are talking of love on every level, and since it is a decidedly feminine stone, it will put you in tune with Mother Mary and the Great Mother. It will allow you to open your heart to their love, and if you will let it, you will be bathed in the glory of the Sacred Feminine.

Because it is the stone of the 4th chakra, which is the seat of the heart, it will also work well with the 7th chakra (crown) and the 6th (third eye), and the 3rd, as well. All these energy centers will work much better when the heart is in tune with the Universe, and even if you are simply looking for help with the crown chakra, Rose Quartz will assist with that. The heart center is the strongest generator of light in the body, and working with this stone will help rejuvenate every area of the body.

For those who have had a physical heart trauma of some sort, this will be a stabilizing stone that will help balance the heart frequencies. Once your spiritual heart is in line with Universal energies, the physical body will follow. As always, whatever happens in the physical has its origins in the spiritual, and this stone will prove it to you. It will help you take your stress-based life and turn it into a love-based life.

It is a wonderful stone to pack around on your person, and it is one of the best stones you can give as a gift. What better one could you give than one which helps one's heart in every way? Giving a Rose Quartz will help spread love throughout the world and at this time in Earth's history, we need that more than ever. It will allow one's compassion and tenderness to expand, and we will be a shining example of gentleness and compassion.

When one bathes in water infused with Rose Quartz, the pores will absorb the healing frequencies and they will spread to all areas of the body. Drinking water infused with Rose Quartz will heighten the effect.

### **Affirmation on the Rose Quartz**

I now open my heart to receive the vibrations of the Rose Quartz, and I feel the love, compassion, and peace it offers. I am in tune with the universal energies of love and forgiveness, and I am allowing my heart to expand more with each passing day.

*Note: The opinions expressed here are strictly those of the author and in no way should be taken as medical advice. Please consult your doctor for any and all physical issues.*