

rose quartz

The soft pink colour of Rose Quartz is quite unique within the mineral kingdom. The origin of the pink colour is still a mystery. Scientists used to believe that this nurturing colour was the result of titanium or manganese within the silica gemstone. However, most recent studies have offered evidence of extremely fine, microscopic fibrous structures that are believed to create the radiating pink glow. Within the colour spectrum, pink is the colour of love. It creates the mood and ambience of gentleness, sensitivity, kindness and compassion.

Traditionally, Rose Quartz was given to newborn babies to ease their transition from the spiritual realms into the physical plane of existence. Being sensitive to this transition, assists the reincarnating soul to adapt with greater ease to the new karmic conditions that birth has offered. All babies have a delicate, pink auric radiance, which evokes bonding deeply with those who are responsible for their survival, care, and love. Placing Rose Quartz within the home helps both the baby and the family to mutually embrace each other, and strengthens the joyous bonds of love.

Rose Quartz resonates with the spiritual centre known as the heart chakra, and supports the teaching of the true essence of love. Love is tremendously important for all those who are genuinely engaged in spiritual development. Visually, the radiant pink vibration offered by Rose Quartz is a gentle tonic for the spiritual heart, and brings warmth to the soul. The spiritual heart is not the physical heart, but is a space of subtle energy located deep inside the body, behind the breast bone. Many saints, poets, and mystics from every spiritual tradition have written about the deep experiences that arise within the subtle heart chakra center. When we connect to the heart centre and allow it to soften and open, we become intimate with our own inner emotions. This intimacy with our own selves, allows us in turn to become intimate with others. Acceptance of self is primary as a stepping stone to embrace and love others. With the assistance of Rose Quartz for support, the great spiritual emotions of compassion, gratitude, forgiveness, and joy start to flow spontaneously from the heart chakra.

Wearing or holding Rose Quartz assists with opening your emotional body towards greater levels of self-esteem, and inner acceptance. The pink nurturing glow of Rose Quartz is able to uplift, calm and soothe on all levels....physically, emotionally, mentally, and spiritually. It helps people to connect to self-respect. This personal acceptance helps to restore a sense of well-being, and is particularly useful for those who are perfectionists and self-critical. Rose Quartz has the vibrational intensity to go deep within our subconscious mind to facilitate the release of stored blockages of deep grief, and suppressed emotions which are responsible for depression or hostile behaviour. Often there are many layers within the unconscious mind that require purification. Some people sleep with Rose Quartz under their pillow, so that any past emotional pains can be manifested within the dreams, and then be consciously recognized and released. This nightly ritual allows the emotional body to keep fresh and open to all new experiences, without judgement or reservations.

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