

Rose Quartz

Soothing and Opening the Heart Attracting Loving Relationships



- ☒ Works on the heart chakra, bringing an understanding of the true essence of unconditional love.
- ☒ This essence releases repressed anger and tension regarding the father figure.
- ☒ It increases self expression, self-love, self-forgiveness, creativity and confidence.
- ☒ It releases false pride and transmutes negative energy, unexpressed emotions, past grief and heartache into loving vibrations.
- ☒ It's a wonderful gentle healer for any emotional upsets that impact the heart.
- ☒ Especially helpful for when we are undergoing the loss of a relationship or any sort of loss where we feel our heart is breaking. It opens, softens and soothes the heart.
- ☒ It restores balance to the emotions and brings calmness and reassurance.
- ☒ It attracts more love and loving relationships into your life
- ☒ This is an excellent stone for a mid-life crisis as it allows for acceptance of necessary change.
- ☒ This essence soothes internalised pain and opens your heart to become more receptive to love.
- ☒ Taking this essence can make us more receptive to beauty of all kinds.
- ☒ It brings back trust and harmony to our relationships.
- ☒ It's good for lack of self-discipline and fear of responsibility
- ☒ It helps us connect to and nurture our inner child
- ☒ It harmonises the heart so we're able to maintain intimacy with ourselves and others.
- ☒ Useful Affirmation: *'My heart energy is uplifted and I soar high on wave upon wave of divine love'*

Please Note: Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

Click here for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Closeness & Friendship blend:
<http://www.spiritoftransformation.com/transformationessences.htm#closeness>

This essence is part of the Spirit of Transformation Healing Heartbreak blend:
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The Crystal Bible by Judy Hall <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.