

Crystal course part 2: Crystals for love

Crystals have an ancient tradition of being used to attract love and revitalise relationships. Crystals radiate positive vibrations at many different levels and can be used to ignite passion, attract a soulmate, create loving and nurturing family relationships, and even to help us tune in to **Universal Love**.

Crystals can also be used to heal broken hearts, to help you develop feelings of compassion, and to release past hurts and encourage forgiveness. In particular crystals can be used to open the heart energy centre, or 'chakra'. When your heart chakra is open and energy flows freely through it, you are able to give and accept love easily, and attract beautiful fulfilling relationships.

Rose Quartz is a wonderful 'heart stone'. This beautiful pale pink crystal can help you attract and express love. In the shops you can find larger pieces of rough Rose Quartz crystal as well as tumbled stones and carved shapes and pendants.

When you buy your crystals, always remember to cleanse them under a running tap and leave them to dry and recharge in sunlight. For delicate or soluble crystals place them next to a **clear Quartz cluster** to naturally cleanse and recharge them. Crystals tend to absorb low vibrations so it is important to cleanse them regularly.

Rose Quartz crystals carry the energy of Unconditional Love, and so are ideal to help you to open up your heart to be more accepting and to feel strong in your ability to love.

To attract loving relationships, you can place a Rose Quartz crystal by your bed or in the Feng Shui **relationship** corner of your house. This is the furthest back right corner from the front door. Feng Shui is the ancient Chinese art of arranging your living space to promote happiness and well-being. Placing a Rose Quartz crystal in the relationship corner can have a very powerful effect - if you find you are getting too much attention, place an **Amethyst** crystal next to the Rose Quartz to attract more spiritual loving relationships.

To create a loving family environment, place a Rose Quartz crystal in the **south-west** of your home - a Rose Quartz crystal tree is a lovely way to energise this direction.

To encourage romance, place a crystal in the **west** of your home or bedroom; you may like to choose a Rose Quartz crystal in the shape of a heart. In existing relationships, Rose Quartz can re-ignite romance, and help trust and unconditional love to blossom. It is also an ideal wedding gift to wish the couple success in their new life together.

Rose Quartz helps you to be able to give, as well as receive love, and to be empathic and compassionate. This crystal can also help you to be more loving and accepting of yourself, making it easier for you to create loving friendships and relationships with other people.

Wear a Rose Quartz crystal as a pendant over the heart to help you attract love and to be more loving towards others. You may like to anoint your pendant and yourself with a little rose or ylang ylang oil diluted in a base oil, such as almond oil, before going out on a first date or a romantic evening. Both these oils are linked to vibrations of love and sex.

There are many other crystals which help love to flow in your life. **Rhodochrosite** crystals stimulate unconditional love and compassion. This powerful pink and black tumbled stone can be carried to strengthen loving relationships and to create new friendships. Place this crystal in the relationship corner when your partner has to work away, to keep your ties of love strong. Wearing Rhodochrosite helps you to attract your soulmate.

Purple **Sugilite** has become known as a 'New Age' stone as it encourages compassion, the healing of the heart, and spiritual love. Place Sugilite over your heart, close your eyes and allow the crystal to fill you with forgiveness and awareness of Universal Love.

Watermelon Tourmaline is another wonderful 'heart stone' bringing together physical love and spiritual love. Its pale pink and green colours bring together the two colours most associated with the heart chakra, and the properties of both pink and green tourmaline. Pink Tourmaline acts as an aphrodisiac, bringing sensual love, and the joy of physical pleasure. It helps release destructive feelings, creates self-acceptance and helps you to trust in love. Green Tourmaline opens the heart chakra allowing compassion to grow. It also brings positive energies and encourages balance. Wear Watermelon Tourmaline as a pendant over the heart to activate your heart chakra and to awaken spiritual sexuality.

A fun way of using crystals is to place one or two in a bath, relax, and absorb the energies while you are soaking. However make sure you use crystals which are not water soluble! You can also place your crystals on the edge of the bath if you are not sure.

Choose a Rose Quartz **bath** to feel more feminine and more loving, and to attract new love in your life. As you soak imagine that you are surrounded by the energies of the love goddess Aphrodite who is associated with this crystal. Add rose-scented bath oil or a handful of rose petals to the bath, light two pink candles, and place a picture of your love on the side to create a wonderful love-ritual bath!

If you want a more passionate love life, or wish to rekindle an existing relationship, create a fiery passion bath using orange **Carnelian** crystals. As you lie in the bath imagine erotic scenarios and afterwards place the Carnelian crystal by the bed for a night of hot passion! If you can get your partner to share the bath the better it is!

Crystals also offer you help in difficult times. The beautiful blue-green **Chrysocolla** crystal can help heal heartache, and increases the ability to love. Place a crystal over your heart for 5 minutes and simply absorb its positive energies. **Rhodochrosite** helps the heart to process difficult emotions without losing openness and trust, while olive green **Peridot** lessens anger and jealousy, and **Green Aventurine** helps protect the heart.



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To bring the wonderful healing and uplifting energies of crystals into your life simply carry a crystal in your pocket, tuck it in your bra, or wear as a pendent or earrings. No one needs to know that you are wearing these crystals to help enhance your love-life!

Want to find out more about using crystals?

See Miranda's 'Crystal awareness course' published by Esoteric Entertainments Ltd
> www.esoteric-spirit.co.uk/2_wkshp.htm

Find more articles and resources from Miranda Gray including:

'An introduction to crystals'

'Crystal course part 1 – Crystals for success'

See her website:

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