



SUE WEAVER

WEAVING A HEALING HEARTH

ROSE QUARTZ

"Love is the foundation. Love is all."

Rose Quartz is pink quartz, which is mostly found in rough chunks. It seldom forms single crystals and clusters, and when it does, they are usually very tiny. It varies from palest to mid pink. Some sources attribute the pink colour to traces of iron; others to titanium; yet others to manganese. Some of the deeper pinks can be almost opaque. Much Rose Quartz is translucent, and some almost transparent. Some displays the asterism which gives it the name of Star Rose Quartz.

Rose Quartz is a stone of Love. It teaches us to love ourselves and others, to love Mother Earth and the whole of creation. This is not a romantic love, but a deep, strong, powerful yet gentle love.

The Spirit of Rose Quartz shows herself to me as the biggest, softest, pinkest, fluffiest blanket that can wrap and envelop. It is like an expensive down quilt, which is so incredibly light that we can't believe it will keep us warm, but it is more effective than any heavy blanket.

Rose Quartz helps to find physical and emotional equilibrium. If there is too much heat in the body, she will bring a cooling energy; if there is cold, she will warm. Where there is depression, she will help to lift the spirits. Where there is worry, anxiety, fear, she will help to soothe and calm the emotions.

On a day to day level, Rose Quartz can help to deal with emotional stress of all kinds. With her loving and balancing energy, she is an excellent ally to have in all environments - every home should have one!

On a deeper level, she can assist us in the most difficult times, helping us to release painful emotions, healing wounded and broken hearts, and helping us to love and forgive ourselves and others. Some people experience only her gentleness and nurturing, but sometimes the release of emotion needed to bring balance can be very painful indeed, and in these situations, the journey to healing that Rose Quartz brings can be very challenging.

Rose Quartz can help us to be more understanding and accepting of ourselves, especially when we feel inadequate or unworthy. She can also help us to be more accepting of others, moving away from judgement to a more compassionate place. Rose Quartz can help us to see and feel the Beauty in the world, and to allow ourselves to connect with, experience and appreciate pleasure.

She is a lovely energy for babies and children, and can also be beneficial to the very old, and those who are particularly gentle, sensitive or even frail.

We are fortunate that there is much Rose Quartz in the world, and it is relatively inexpensive. The major sources are Brazil, Madagascar and USA.

Large rough chunks are excellent for bringing Love, Acceptance, Understanding, Tolerance, Compassion, Forgiveness into our homes and places of work. It is a wonderful asset in any healing room.

Small tumbled stones are excellent to carry in pocket or purse, and it is always worth having a few to spare to give away. They can also be used for meditation and healing.

Rose Quartz is frequently shaped into spheres, eggs, healing wands, hearts, etc. Rose Quartz hearts have a particular potency, with the energy of the crystal and the energy of the shape combining. It is also made into jewellery, and is particularly effective when worn as a necklace or pendant, close to the heart centre.

Crystal Name:	Rose Quartz	Family Name:	Quartz
Meaning of name:			
Composition:	Silicon dioxide (SiO ₂), with traces of iron/manganese/titanium impurities		
Colour(s):	Palest translucent to rich opaque pink		
System:	Trigonal	Hardness/Mohs:	7
How it is found:	Tiny Rose Quartz crystal clusters are infrequently found. Most Rose Quartz is found in 'chunks'.		
Transparency:	Transparent to Opaque	Cleavage:	None. Conchoidal fracture
Environment:	Rose Quartz is created from magma that erupts onto the surface of the earth.		
Found in:	Brazil, Madagascar, India		