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Jennifer Salness's Crystals: Rose Quartz

We begin a new series on Crystals by Jennifer Salness, a wonderful crystal intuitive based in Minneapolis-St Paul, United States. In each issue, she will introduce you to one of the beautiful crystals.

At the beginning is love, in the middle is love, at the end is love. Love is the center and the All.

- Rose Quartz spirit (channeled by Jennifer Salness)

As we begin exploring the energies of crystals and stones, Rose Quartz showed itself as the first offering. Theme's of various emotional, physical, or spiritual energies tend to change every few weeks or months (noticed in my own life or my community, or just felt in the general consciousness), and many people have been talking about opening their heart more, feeling very connected to the larger Love of the universe, or the opposite of feeling frustrated with themselves or their relationships and experiencing deep emotional purging on many levels.

To me, one can never have too much Rose Quartz. It is a stone that is all about love and staying centered within our hearts. As life throws us challenges, anxiety, chaos, or confusion, Rose Quartz brings us right back to our heart center with a deep breath and a deep hug from the love of the Universe. It relates to the heart chakra, the 4th chakra that deals with our hearts. Our heart space is where we are fully connected to ourselves and our spirit. Deep within we know. We feel. As the spirit of the Rose Quartz stated, Love is All and is the Oneness that we strive for as humans.



Emotionally Rose Quartz opens our hearts to love ourselves and others, to help us feel worthy of the love that we ARE.

Most everyone knows about the beautiful pink Rose Quartz. It's a member of the Quartz family, its

pink coloring created from iron and titanium, which can range from very pale to very rich pink. Unlike its clear quartz counterpart, it actually is rarely found in crystal form, but is a lovely collector's item when found. The stone is found all over the world in locations such as South Dakota (US), Madagascar, and Brazil.

Emotionally, Rose Quartz opens our hearts to love ourselves and others, to help us feel worthy of the love that we ARE. Acceptance of this all-encompassing love is what brings us to true freedom and joy! Its nurturing spirit offers us freedom from jealousy, judgments, or criticism, especially when focused on ourselves. Our capacity for self-love is the base of being able to love and respect others, and Rose Quartz's gift is being a mirror of our perfection.



Rose Quartz is ideal in jewelry worn over the heart for compassionate support. Consider placing a piece in your bedroom (I sleep next to a 44 pound chunk!) for gentle healing and relaxation as you sleep. Since Rose Quartz is a heart chakra stone, it can be placed on the heart (or other higher chakra's) during a healing or meditation for harmony and balance in this area.

The gifts of the mineral kingdom are immense, and remember to stay open to the possibilities of different gifts specifically for you! With much LOVE I am grateful to share!

A note about crystals and stones: they do not "heal" us. They do remind us of who we are, however, which is always perfect and divine, but we sometimes forget this fact. The law of resonance applies when working with the mineral kingdom, which is 'like attracts like'. When we bring our bodies and energies into contact with a crystal or stone, we will resonate or vibrate at the same level. This resonance teaches us to embody the gift or "personality" of the crystal. And the usual disclaimer: always consult a medical doctor or mental health practitioner when in need.

About the Crystal Intuitive



Jennifer Salness is a crystal intuitive, gemstone dealer, Reiki Master Teacher, and author. She has studied crystals and stones, as well as other vibrational and healing modalities, for over 12 years. Her joy is connecting people with crystals and tools to support their spiritual path and to raise consciousness to the new field. She is owner of Crystalline Light, an online shop and business offering gifts, energy healing, readings, and classes in the Minneapolis-St Paul area as well as by distance. Jennifer is also creator of *Whispers of Spirit*, a Minneapolis-St Paul based publication and annual Expo.

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