**Rose Quartz**

**ROSE QUARTZ:**

Aries (Ram) ARIES (MARCH 21-APRIL 19)

Taurus (Bull) TAURUS (APR. 20- MAY 20)

Libra (Scales) LIBRA (SEPT. 23 - OCT. 22)

Translucent pink, Rose Quartz also contains Manganese. This element, related to Iron is good for those people who do a lot of singing or speaking and are always having to clear their throats of mucus. Manganese also encourages creative thinking. Cleanse and recharge often. Especially if it fades. Rose Quartz --- Provides a link to Universal Love, self-esteem. Chakra: Heart. Rose quartz is the universal healer for heartache. It teaches us that we are the source of love and helps us to be able to nurture and love ourselves even if it feels as if the entire world is against us. Wear it or carry it; place it over the heart during meditation. It is known as the stone of “gentle love", bringing peacefulness forgiving, lovingness, self-love, emotional balance and calm to relationships. Helps clear stored anger, resentment, guilt, fear, jealousy. Promotes receptivity to the beauty of art, music and the written word while enhances self-confidence and creativity. It represents a young, warm love and balances the yin-yang energy. Excellent for Emotional healing by reducing stress, tension, and cooling a hot temper. Helps clear loss, stress, hurt, fear, low confidence, resentment, stored anger after crisis situations jealousy. Gently and softly soothes and warms the heart center. Slowly eases childhood traumas/neglect/lack of love, low self-esteem. Aids the development of forgiveness, compassion, and love. "LOVE STONE" Chakra Heart.