

Crystals for Love

Deepak Chopra, a world-renowned author and expert on mind/body healing, suggests that the keys to successful relationships are the three A's: attention, appreciation, and affection. To help you open your heart, pay attention to, appreciate, and be affectionate with those that you care about, try using some of the following crystals:

Ruby is known for increasing vitality and passion. It improves self-confidence, brings courage, stimulates sexual energy and desire and opens us up for new experiences.

For those for whom the energy of Ruby alone may be too strong, **Ruby in Zoisite**, a.k.a. Anyolite, might be a better choice. It balances the heart, releases long-held pain, and transmutes it into a sense of well-being.

Rose Quartz is the most recognized LOVE stones. It is a crystal that brings new love into our lives. Feng Shui experts recommend placing it in the "relationship" corner of the house and also next to your bed. It also releases emotional pain, increases self-love and builds healthy self-esteem.

Rhodochrosite supports expressions of feelings and affections. It is a great stone for those who are hesitant in revealing their true feelings. This stone heals the wounds of the past and supports one's inner child through empathy and compassion. Some refer to it as a stone that helps one attract their soulmate.

Garnet stimulates the Root, the Sacral, and the Heart chakras, bringing stability, increased sexual energy and devotion into relationships. It is generally known as a stone of fidelity and one that solidifies a committed relationship.

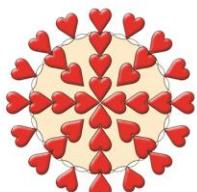
Green Aventurine is comforting, healing, and harmonizing. While green is one of the colors that assist the Heart chakra green Aventurine brings a renewed joy, lightness, and optimism.

Pink Calcite attracts unconditional love and forgiveness. It releases fears that keep the heart trapped in the past and is soothing to the emotional body. It's often recommended for strengthening the bond between parent and child.

Morganite encourages us to enjoy life. Peace, joy, and emotional strength--these are the words used to describe its effects. It is described as presenting one with a sense of emotional abundance.

While **Carnelian** isn't typically known as a "heart" stone, it does wonders in terms of an optimistic outlook, creative energy, and self-confidence. By activating the first three chakras of the body, Carnelian restores vitality and creativity, which are the keys for a passionate life.

- Crystal Cosmopolitan



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