

A man with short dark hair, eyes closed, and a serene expression is shown from the chest up. He is in a meditative pose with his hands pressed together in a prayer position (Anjali Mudra) at chest level. A white, double-lined decorative circle is superimposed over his chest, framing the text. The background consists of vertical light and shadow patterns, possibly from a window with blinds or curtains, creating a soft, ethereal atmosphere.

TOP HEALING CRYSTALS

STONES FOR ENERGY WORK
AND THEIR MEANING



ROSE QUARTZ

Rose Quartz is likely to be one of the crystals you know and love. And there is a good reason for that.

This pink hueued quartz encourages powerful feelings of love, including love for oneself, a romantic partner, family, and friends.



ROSE QUARTZ

It works to open the heart chakra, enabling you to develop greater empathy and sensitivity.

It is known to help with stress relief, allowing those who use it to process negative emotions while retaining their sense of calm. Rose Quartz is beneficial in helping people with new beginnings, and in leaving the past behind.



ROSE QUARTZ

Rose Quartz is a powerful healing crystal that helps restore balance and harmony in our lives. Its vibration provides us with the energy we need to love ourselves and others. Its calming and soothing energy allows us to process our emotions.



ROSE QUARTZ

Rose Quartz is the choice of stone for opening the heart chakra. Its vibrational energy enables you to feel more compassion and to show more empathy towards yourself and others.



ROSE QUARTZ

It can help you remove confusion and to make choices with clear thinking. It allows you to regain a sense of balance and harmony in your life, and reconnect with your authentic self.



ROSE QUARTZ

Because the Rose Quartz stimulates your Heart Chakra, it helps you balance your heart energies and be open to the possibilities for new love and more positivity. It is a calming stone that helps soothe emotions.

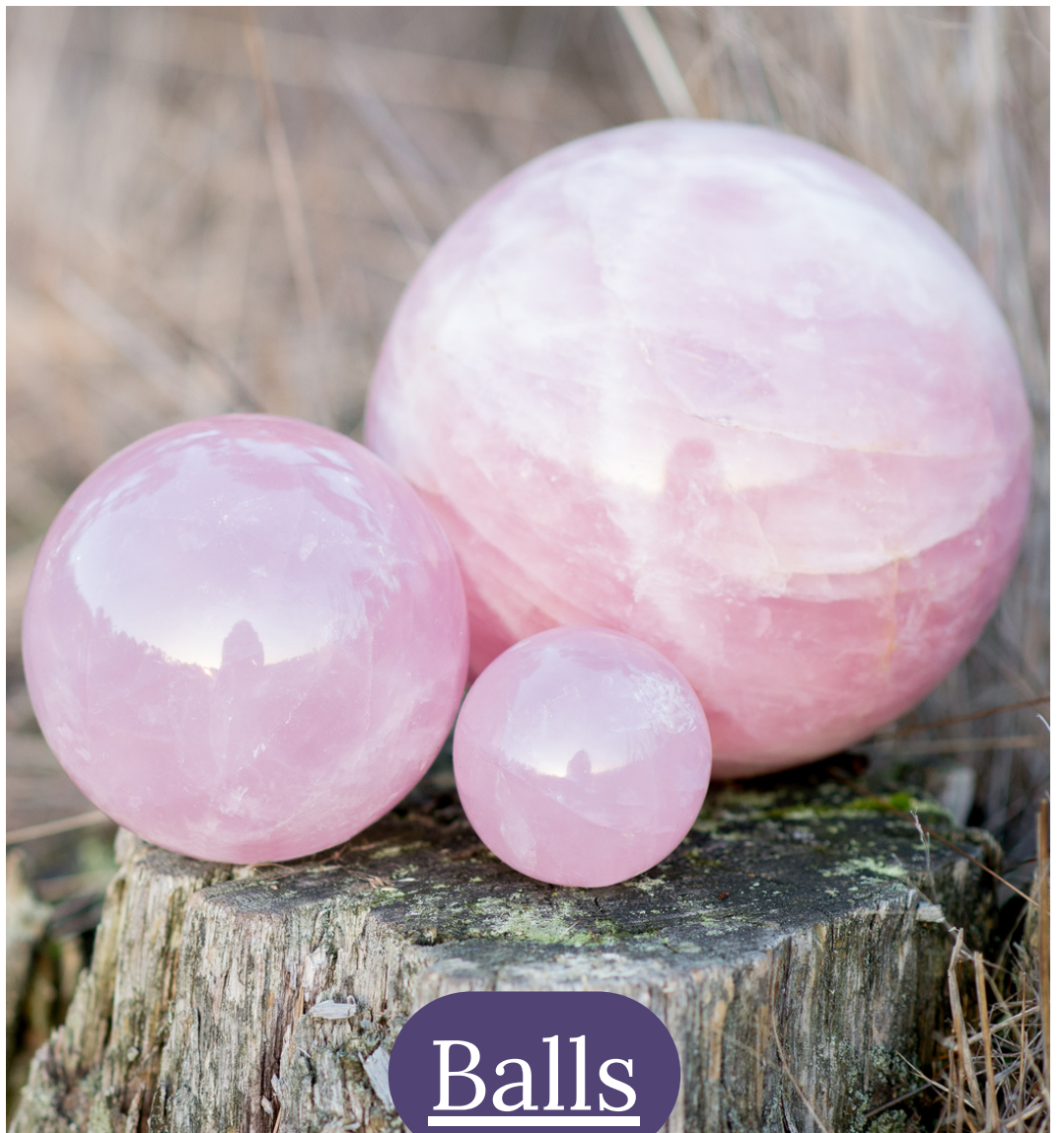
Rose
Quartz



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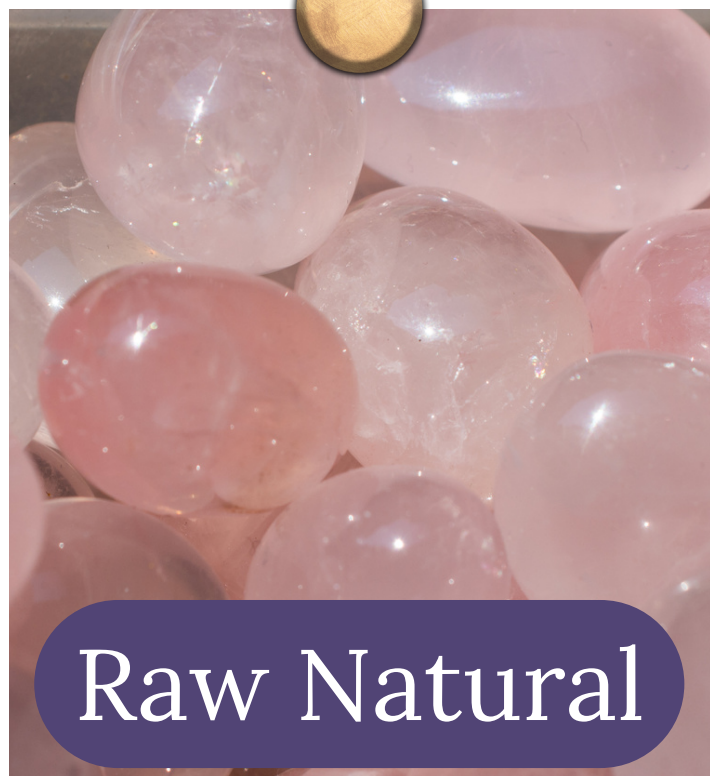
Massage



Balls



Wands



Raw Natural



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