

ROSE QUARTZ

Summary

There are two types of Rose Quartz. One is grown in masses of crystal without well-formed facets (anhedral crystals). We call this variety “Rose Quartz.” The other grows in well-formed crystals (euhedral) and we call it “Roselite.” The causes of color in each differ, yet the energetic properties are similar enough that we give them the same symbiotic gemstone, Red Spinel. Energetic benefits are also similar, yet the Roselite works at a higher vibration.

Mineral Family: Quartz

Primary Elements: Silicon, Oxygen.

Coloration:

As the gem was forming, microscopic borosilicate mineral inclusions that are related to Dumortierite aligned in such a way to produce the pink color. These fibers are thought to have crystallized out as the gem cooled, and form the hazy to translucent character of the gemstone.

The coloration of crystalline Roselite is caused by natural radiation that prompted aluminum and phosphorous to replace silicon in the atomic lattice.

Mohs Hardness: 7

Price Point: \$-\$\$

Tropism:

Muscles including the heart, especially those that are harboring suppressed or unexpressed emotions. Also, the emotional body.

Primary Level of Manifestation: Whole body.

Properties:

- Cooling by dispersing heat.
- Moistening by stimulating fluid production.

Action:

- Lifting; energies are prompted to move up toward the head.
- Sinking; energies are drawn into the muscles.



Figure 1: Top quality Rose Quartz.

Five Element: Metal.

Keyword for Learning: Suppressed emotions.

Image for Learning: Water fountain, because Rose Quartz energy keeps the flows of emotions recirculating, somewhat like water in a fountain.

Energetic Nature:

When suppressed emotions are lodged in the body, they constrict and tighten muscle and fascia tissue. If held onto long enough, they can migrate deeper and restrict organ function. Rose Quartz engages its energetic nature to help the body release suppressed and unexpressed emotions.



Figure 2: Rose Quartz strung with its symbiotic partner stone Red Spinel.

Softening

Healing Rose Quartz energy relaxes, soothes, and releases tension from muscles as misplaced emotions lodged in them are returned to the emotional body where they belong.

Sorting

This important quality helps the body categorize energies that belong in the body from those that don't.

Purifying

As a result of clearing stuck, suppressed, and ignored emotions, the physical and emotional bodies enjoy greater purity and a sense of clarity and cleanliness.

Releasing

Rose Quartz energy is able to coax unexpressed emotions from tissues by increasing the flow of moisture through the muscles. It's as though the emotions are replaced by the Rose Quartz energy. It also untangles energetic fibers so the emotions can be set free.

Lubricating

This effect also involves the gem's moistening effect. It supports the movement of suppressed emotional energies out of the tissues, by paving their way to release with ease.

Therapeutic-Quality Parameters:

Rose Quartz has a delicate pink color that ranges from nearly white to medium-dark. The darker the color, the stronger its effective qualities. The larger the stone the more



saturated the color appears to be. Small Rose Quartz that is approx. 4mm in diameter with good color saturation is rare.

Rose Quartz clarity is generally hazy to translucent, and rarely rare transparent. Haziness that's too cloudy is not acceptable, nor are excessive cracks or colorless inclusions. Gems with off-color inclusions are non-therapeutic.

Candescence is usually mild. Rose Quartz with asterism (star Rose Quartz) is rare but typically of some localities.



Figure 3: Rose Quartz single spheres showing two color variations.

Unique Characteristics:

The color of Rose Quartz from certain mines can fade in sunlight. Since there isn't a way to determine if your Rose Quartz will fade, its best to avoid cleansing it in direct sunlight. Store it in a dark place.

Comparisons:

Rose Quartz, Morganite, and Pink Chalcedony all have pale pink coloration. Pink Chalcedony is easiest to distinguish due to its soft, homogenously milky appearance. Rose Quartz's haziness tends to vary even within smaller spheres. We distinguish Rose Quartz from Morganite spheres by the nature of their colorless inclusions. Roselite and gem quality Morganite can be distinguished with certainty by a gemologist.

Symbiotic Partner Stone:

Red Spinel supports a rhythmic release of suppressed emotions, so that a wearer can maintain emotional balance.

Top Three Benefits:

- Supports the release of suppressed emotions.
- Neutralizes excess emotional energies, especially those that have been building up.
- Frees you of patterns that express unhealthy, limiting emotions.

Wear when you want to feel

- A sense of emotional clarity.
- Emotional peace.
- Free to move into a new relationship unencumbered by painful emotions of the past.

Ideal for people who:

- Want to resolve prolonged grief, sadness, or emotional pain.
- Want to address the emotional component of an issue or concern.
- Have been carrying the burden of unexpressed feelings for a long time.

What it means when the gem calls to you:

- Suggests that old, limiting feelings are holding you back.
- Indicates that you're ready for an emotional clearing.
- Reminds you how much you want to be clearer about what you're feeling and why.

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