

# *Crystalheart Journeys*



# Crystals

# For

# Love

**By Gwyneth Robbins-Cox MFSEM,  
Crystal Healer and Principle of  
Crystal Heart School**

**[www.crystalheartjourneys.com](http://www.crystalheartjourneys.com)**

## INTRODUCTION

Welcome to this E-Book especially written for you to explore the energies of Crystals which help us open up to Love.

First though let us consider what kinds of Love there are. What is it that makes us feel Love? Is it that heart warming nurturing love that exists between a mother/father and child? The kind of romantic love that you feel for your partner? The love we have for our work, the love that fills us with passion and idealism? Or the big compassionate love that helps us to feel love for other people even when we do not know them well.

Whatever love is or isn't its absolutely certain that 'Love makes the world go round'. Love is the fundamental basis of all life. We come from love when we are born and we need love to help us grow and survive. Then we become aware of the love that exists within relationship between people - first of all our mother/father/carer and ourselves, then siblings perhaps and friends. This kind of love opens us up ultimately to self-examination. As all relationships cause movement and change - first we are one, then we recognise another and that other may reflect to us like a mirror all our shadow and love. Sometimes within relationship we come into conflict with the relationship to ourselves and this is a big issue - *the ability to absolutely love ourselves*.

So, love is essentially about life without fear. True love conquers all feelings of guilt, anger, frustration and deep fear. Love carries with it a sense of self-acceptance and forgiveness. We can look to the Divine Source for the ultimate sweetness of Love that is all-encompassing, all knowing, totally forgiving, healing and compassionate. It is the omni-presence of Love.

Crystals are part of the divine manifestation of consciousness upon the Earth, each crystal carries its own form of light and love to share with Humanity. Therefore, by working with the crystals and honouring their true representation of divine consciousness through their unique energies - we have unending access to that beautiful love from which we all came and ultimately will return.

## How to use this E-Book

This E-book is for your information only. The author does not intend to prescribe crystal energies for conditions whether they be physical, mental or emotional. The information here is for your guidance and hopefully to totally inspire you to open up to the energies of crystals.

When connecting with crystals its always good to be grounded and centred and to make sure your crystal is clean and clear. (use sound, smudge incense or water to cleanse your crystal first)

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All impressions of the crystal energies within this E-book are copyrighted and are the authors own interpretation of the crystal energies. If you have different interpretations of the energies of crystals mentioned here, that is fine - our own impressions are always very valuable and a unique experience.

Go with the flow! Try not to have pre-conceived ideas about crystal energies - just open your heart and feel what is being given to you.  
It is a gift of love!

## Rhodocrosite

Rhodocrosite is a beautiful bright salmon- pink colour with waves of white running through it, appearing almost like frills and curls. It sometimes may have a black colour running through its layered appearance.

When you first hold rhodocrosite - feel, and be aware of where the energy is moving to in your body. Which energy centre (chakra) is it working with. You may feel it in your heart or your sacral chakra more strongly. Just relax and be open.



**'I feel rhodocrosite opening my heart chakra. Like waves of warmth entering into my body, pushing upwards and outwards through all the layers of my Being. I feel the sense of love being very energetic, expansive, unlimited.'**

**'Rhodocrosite contains the coral ray of light, therefore encouraging us to be open hearted and generous to others and to love with wisdom. This is its expansive nature. As I hold it to my heart I feel heat and sparks of light and joy moving outwards from my heart centre to fill me with an ecstatic sensation of being happy, contented and in love with the world and those around me. It feels like I am totally within my centre, totally accepting of all that I am and who I am in the world. I am happy and feel generous to share what I am in the world and to be free and joyous in my giving. This crystal contains the element of self-love and from this point the ability to love others and accept others as they are. It helps us to 'trust' in love, to feel brave once more about love and be active in love. It feels like a wonderful divine warm gift that urges us - saying 'go on, you have nothing to lose, Love is all there is, please share, please be open, give generously and be open to receive love back. Warmth and generosity are its key.'**

## Experiencing Rhodocrosite

If you can, find some time to be quiet and enjoy a healing layout with rhodocrosite. Take 6 small pieces of rose quartz and one piece of rhodocrosite. Lie down on your bed or on the floor, if you lie on a pink or peach/coral sheet, the energy of colour will enhance the experience. Make sure your crystals are clean. Place rose quartz above your head and between your feet, two either side of your shoulders and the other two either side of your hips. Then place the rhodocrosite either on your heart, your sacral chakra or your solar plexus. Stay in this grid for 20 minutes or so. Be open and enjoy!

‘Feel the waves of love that embrace your body. Moving and rippling outwards. Feel how the rose quartz holds you safe in a cradle of love. Feel your whole Being gradually opening to the heat, the warmth, the expansive flow of love. Hold the vision of trust in your heart, of generosity to yourself and others. The energy of love ful-fulfillment! As the waves of love build - Be in the flow of ecstatic love.’

It is possible always, that you may feel sadness. Sometimes when we work with these crystals of love, the lack of love in our lives and the world may become highlighted. Just go with this feeling, acknowledge it and release it to the light. Ask for divine assistance and healing and it shall be given.

Make sure that you are grounded after your healing session by drinking some water or having a healthy snack.

## Garnet

Garnet is a semi-precious crystal that has been used throughout history for jewellery and when cut and polished in the picture below is extremely shining and beautiful. The garnet family of crystals comes in colours other than the usual red that we associate. Green garnet is also very energetically healing. However, here we shall talk about red garnet, which appears usually as very dark reddish-brown. Sometimes when we hold it up to the light we might see the red glow from within. The internal crystal shape of garnet is cubic and sometimes you might find it in its natural form, showing cubic facets.

As with rhodocrosite, make sure your crystal is clean, you are grounded, centred and observe where the energy is in your body.

‘As I connect to the energies of garnet, I feel the energy running from my crown to my feet, making me feel whole and at one with myself and the crystal. I feel a rush of excitement and optimism of just being here and being part of Earth, being in a physical body and all the wonderful sensuous gifts this brings.



I feel a sense of warmth and heat - fast fire energy. The sacred fire of love and passion that burns within life. This energy rushes through me and uplifts the soul. The sense of optimism burns away all sense of self-doubt, leaving me only with the knowing that to love oneself is paramount. From this feeling comes the desire to only engage with and to indulge in that which is for my ultimate self-love, joy and truth. Garnet will protect me from feelings of self-destruction and depression. It encourages me to feel the love within and to be discerning with love and friendship. If I need a friend - garnet is there to hold me! Garnet helps me to move forwards steadily, with confidence, joy and love for the world. Again an expansive energy and not one to use if you suffer from high blood pressure. ‘



## Experiencing Garnet

If you wish to experience a crystal healing layout using garnet I suggest the following.

Lie down where you can be comfortable for 20 minutes or so. Have in your hands two rose quartz crystals. Place a piece of red garnet between your feet and just below that a clear quartz crystal point facing up towards the garnet therefore encouraging the energy to flow upwards from your feet into your body. I never recommend placing garnet on the heart as it is far too dense and heavy an energy for the heart chakra and its full on fast energy is not good for blood pressure!

‘Feel the holding and love of rose quartz in your hands holding you safe and connecting gently to your heart chakra through your hands. Then begin to feel the rising energy of garnet, like a kundalini spiral moving upwards from your feet all the way up to your crown. Feel the warmth and energetic heat of this amazing love fire! Allow garnet to open out all resistances to loving yourself and being love in the world. Allow it to expand your awareness of your truth and your purpose. Affirm with yourself that from this point onwards you shall nurture and love yourself and others as is highly and morally fitting for such a spiritual light being as yourself. Repeat the phrase to yourself, ‘I am love. I deserve the best. I am a being of light and love.’

Always make sure you ground yourself after your healing by drinking some water or eating a healthy snack.

## Danburite

Danburite comes in very very pale pink and also yellow, but here we are concerned with the pale pink variety. The gentle ethereal shade of pink may be hard to discern and only perhaps visible when held to the light or against white paper. Ethereal indeed, danburite has a very high spiritual energy and can perhaps help when we have become disillusioned with the earthly realms. Danburite really holds a lot of light and love of the highest divinity. Its gentle striations helping to direct that beautiful love energy into the body, through the layers of the aura. Ground, centre and feel where danburite energy goes in your body.



‘Holding danburite fills me immediately with a breath of fresh love filled air! The crisp clarity of divine love and joy fills my higher heart enlivening the light filaments within all my cells as they begin to dance with the pure and ecstatic joy of love. Holding danburite I feel divinely connected through my heart.

This energy continues to dance and tingle through my whole being, through all the layers of my aura and through my physical body. It cleanses away fear, anxiety, shadow and doubt and replaces it with ecstatic joy and love. Within this beautiful pale pink light energy I am held by unconditional grace and I realise that this is a true gift from above that is my birth-rite. To feel this connected to Source is ultimate divinity. I feel the sweetness of divine truth and the angelic touch of wings that fold around me - I feel warmth, love, light and protection. I realise that all is as it should be - fear is banished - only light and love exists. I act upon this energy in all my deeds and can experience only that which serves my higher truth. I am connected to my light body - I am living through the gift of my light body and I am a true representation of ecstatic divine unconditional love. I have appreciation for all living beings upon the Earth. ‘



## Experiencing Danburite

If you wish to experience danburite I would suggest the following healing layout. As always make sure your crystals are clean and ready for use.

Choose a place to be quiet and lie down. You may wish to lay on a pink sheet to enhance the experience. Have with you three rose quartz and one piece of danburite.

Place one piece of rose quartz between your feet and the other two either side of your body level with your knees. Place the danburite either on your heart, on your higher heart (between your heart and throat chakra) or above your head.

Feel the holding and gentle grounding energy of the rose quartz as they work to keep you connected to the love of mother earth. Feel held and secure. Then begin to feel the gentle sparks of lovelight that emanate from danburite as they enter your body, through all the layers of your being. Feel as they blow away the cobwebs of gloom and earthly drudgery! A sense of 'enlightenment' and grace sweeps through your being. You are held in the love of divine grace - relax, be still and enjoy!

Always ground yourself with a drink of water or a healthy snack afterwards.

## Thankyou!

I thankyou and honour you for sharing this love aspect of Crystal-heart Journeys. I hope that you have been inspired and would love to hear your feedback. I really hope that you feel the Love within these crystal energies and that they help you to feel beautiful and 'in Love' with the world and those around you. Of course there are many more 'love' crystals and I hope you will discover these in the course of your journeys with the mineral kingdom.

A word on safety. These healing layouts are essentially for use on yourself at your own discretion and risk. The power of crystals is immense - if you feel unwell at any time with a crystal - please cease to work with it. If you use any of the healing layouts with another person, please make sure they are fully fit and well.

Crystal Heart Journeys does not take any responsibility for the mis-use of crystals. Crystal Heart Journeys does not qualify the participant as a Professional Crystal Healer.

Crystal Blessings of Love,  
Gwyneth Robbins-Cox  
Crystal Healer and Principle of  
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