

# Top Five Crystals for Healing the Heart

## By Lauren D'Silva

Here are my favourite stones for heart healing. Our human hearts get quite a beating and it is understandable that many would rather close them down or armour them up rather than risk getting hurt again, yet to love wholly we need to keep our hearts open. These crystals will help you heal the scars of the wounded heart, clear heavy energies of betrayal and distrust, preparing you for loving life and others once more.

### 1. Rose Quartz



Rose quartz is an obvious contender for top choice when it comes to heart healing. It is widely available and cheap to buy. You can purchase big chunks or source pendants, tumblestones or even polished heart shaped pieces all at a reasonable price. This stone has a well deserved reputation as a heart healer, it is so generous in its action. There are stories of it taking on so much of the user's pain that it fades in colour or even breaks.

Lie down and place it on your heart chakra, in the centre of your chest level with your physical heart. Relax for 10 minutes and allow the stone's energies to get to work. As with all crystal healing ensure your crystal is [cleansed](#) before and after you use it. If you wear rose quartz as a pendant use a chain long enough to allow the stone to sit over your heart chakra and cleanse it daily.

Don't expect rose quartz's healing energy to always be gentle, it can work quite strongly where deep wounding or blockages exist. If its energy is too much for you try my next choice, soothing mangano calcite.

### 2. Mangano Calcite



Mangano calcite is an opaque pink calcite with incredibly gentle healing properties. It is my stone of choice for calming raw or frantic emotions. Allow this very peaceful comforting energy to relax you as a loving mother would soothe a troubled child.

### 3. Watermelon Tourmaline



This beautiful form of tourmaline carries the heart healing colours of green and pink. It emits a peaceful vibration. If you have four pieces you can place them evenly in an array around your heart chakra and imagine you are releasing old hurts before filling your heart with radiant pink and green energy. Try this exercise for 10 minutes a day over a period of a week and see how differently you feel.

#### 4. Rhodocrosite



Rhodocrosite is the pre-eminent healer for the Inner Child. Our woundings often start in childhood when our tender hearts meet harshness from parents or teachers. This is when we start to toughen up and protect our hearts. We all have an Inner Child part of our persona and most of us would benefit from healing this part of us. As adults we need to take down our defensive barriers if we are to love wholeheartedly.

Rhodocrosite can help us comfort our Inner Child and rediscover our innocent childlike sense of wonder. Be warned that those with very traumatic childhoods may find this stone too intense, bringing up past hurts and difficult memories in order that they can be released, in which case use it little and often, rather than trying to carry it around with you all the time, or seek support from a therapist.



#### 5. Malachite

Malachite is a stone with a strong detoxifying action. When used over the heart it can help you release poisonous feelings that you hold towards other people who may indeed have caused you heartache by betraying you, hurting you or disappointing you in some way. It is not helpful to deny that these toxic feelings exist, it is healing to express them, at least to yourself, a therapist, or a trusted friend.

Place a tumbled or polished piece of malachite over your heart as you make contact with these emotions and express them, intending that the malachite will absorb their energy and lift it out of your heart chakra. Your malachite will probably feel sticky and heavy after a session like this so make sure you cleanse it thoroughly.

Remember that healing your heart is a process, so be patient with yourself and your crystals. Do seek the assistance of a professional therapist if the memories and emotions that come up feel too overwhelming or painful to be faced on your own. I can work with you via Skype and distant healing if you cannot find anyone to visit in person. You would need to arrange an appointment. You can find more inspiration on healing with crystals in my book, [Touchstones: Manual for the Crystal Therapist](#)

#### About the Author:

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