crystal musings

Heart Chakra



Color

Green, Pink

Mantra/Affirmation

I love myself. I embrace life. I open my heart. I have gratitude.

Essential Oil Recommendation

Jasmine, Rose, Geranium, Ylang-Ylang, Melissa

Crystals

Rose Quartz, Rhodochrosite, Green Aventurine, Amazonite

Emotional/Spiritual

When in balance you experience self-love, joy, grace, compassion, and empathy with others. You are able to truly forgive others and have healthy relationships.

When out of balance you may feel jealous, abandoned, bitter, rejected, envious, and/or withhold love to others. You may be demanding, overly critical, or codependent.