

Crystal Quick Reference

Rhodochrosite

MnCO₃ (Magnesium Carbonate)

Rhodochrosite is the crystal of "love and balance." It is also a crystal for healing the Earth.

It cleanses, balances and energizes the root, sacral and heart chakras. It also clears the solar plexus.

It helps to expand your consciousness and to help recognize the duality in all things. It helps work through states of denial and integrate new information while maintaining clarity and practicality.

Helps to balance emotions and provides a calming effect. Helps to stabilize the mind and thought processes. It is useful for working with people who have an overactive mind, ADD, ADHD, etc.

It also helps to deal with feelings of being "unloved" or "unwanted". It teaches the heart to assimilate painful feelings without shutting down. It also helps to bring painful and repressed feelings to the surface, helps them to be acknowledged and released through a more beneficial process. It helps you to face the truth about yourself and others without excuses or evasion but with loving awareness.

Excellent for shielding for empaths.

Chakras: Root, Sacral, Solar Plexus, Heart

Zodiac: Scorpio and Leo