

Quartz



No stone is as essential as Quartz. It is the quintessential healing crystal. The crystal formation of Quartz can align the harmonies within the human body. There are countless varieties of Quartz, but Bizarre Bazaar has chosen to focus on four major types: Clear Quartz, Rose Quartz, Rutilated Quartz and Smoky Quartz.

Quartz Use in Physical Healing

Clear Quartz

One of the traditional healing stones believed to draw out pain and amplify healing energy. Crystal Healers use clear Quartz in rituals meant to treat convulsions, diarrhoea, dizziness, exposure to radiation, general pain, hemorrhages, headaches, hypochondria and kidney diseases.

Rose Quartz

Rose Quartz is used for treating cardiovascular health, fertility, headaches, kidney disease, migraines and sexual dysfunction, as well as those disorders occurring in the throat, ears, nose and sinuses.

Rutilated Quartz

Has the power to regenerate the body's tissues, aid in the assimilation of nutritional elements, bolster the immune system, and slow the advancement of ageing diseases. They also credit it with treating respiratory illnesses and being able to uncover the true cause of an illness.

Smoky Quartz

In the world of spiritual healing, this stone treats problems associated with the area of the lower torso including, the sexual organs, kidneys, abdomen, pancreas, where healers use it to treat everything from STDs to kidney disease, menstrual cramps and fertility. Further uses include strengthening the adrenal glands and regulating bodily fluids.

Quartz Use in Mental Healing

Clear Quartz

For emotional healing, this crystal is believed to be an important self-esteem stone. It is credited with having the ability to treat the traumas of a neglectful or abusive childhood, to balance chaotic emotions and to increase emotional energy and motivate for action. Other mental healing uses include increasing insight and intuition, helping a person to avoid the traps of self-pity, helping one to achieve the ultimate potential and easing meditation and harmony.

Rose Quartz

Rose Quartz is the essential stone for increasing love and for times of extreme emotional turmoil, such as divorce, bereavement or career set backs because it helps to remind the wearer of the importance of self-love. It stimulates the body's love centers and can result in peace and fidelity in committed relationships. As one of the most important crystals for attracting love it does emotional maintenance; clearing out emotional baggage, converting negative emotions, and calming hot tempers, all of which prepare us for love. The stone is also recommended for improving mental discipline and making one more responsible, and for meditation and mental tranquility.

Rutilated Quartz

This is an important stone for uncovering the root of mental hang-ups, strengthening resolve, easing the pain of loneliness and improving communication. It also has the effect of unburdening the mind of guilt, which can lead to a state more conducive of happiness and inspiration. It can help get the wearer out of ruts where he or she is given over to sloth or wantonness. Its needles are said to attract love and to help with mental focus.

Smoky Quartz

It helps the wearer reach personal and business goals, by bringing pure emotions of patience, perseverance and innocence. As a stone of purity, it can calm the mind, ease depression, and cure addiction and obsession, as well as removing negative feelings of jealousy, anger, burnout and fear. It also helps with prioritising wants and needs, transitioning into new stages of the life cycle, and creativity.

Quartz Healing and the Chakras

Clear Quartz

Clear Quartz is essential for all Chakra healing but it is especially important in Chakras associated with mental and spiritual energies, such as the Third Eye and the Crown Chakras, where it increases mental function and opens up the Spirit to holy communication.

Rose Quartz

Associated with the Heart Chakra as a crystal of Love. It attracts love and helps the wearer prepare emotionally for Love.

Rutilated Quartz

Opens the Third Eye Chakra, for spiritual communication in dreams and meditation and for stimulating the immune system. Place it near the energy areas (chakras) which are sluggish.

Smoky Quartz

It can channel the light of the Crown Chakra into the Base Chakra to provide grounding and relaxation help.