

Winter Jasmine Reiki's

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Rose Quartz Reiki

Part 1 of

*The Quartz Crystal Reiki Trilogy*

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Rose Quartz Reiki channelled by Joanna Gawn September 2010

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~ Background ~

The following information on the Rose Quartz crystal has been extracted from my blog article published on 20 October 2010. You can also read the full-length article [here](#).

Rose quartz is always a pale pink [crystal]; it may fade in sunlight as it is light-sensitive. It is also, like all quartzes, sensitive to sudden changes in temperature, which may cause the stone to fracture.

In terms of connection with the chakras, rose quartz is always associated with the heart chakra, which is paired with the colours pink and green. It can also be linked with the base/root and solar plexus chakras.

You can place these crystals at or on any of these locations if you are using “real” crystals for healing. Or you can simply hold the crystal, carry it with you or leave it under your pillow to help you sleep. I use both real and ethereal crystal energies in my work.

Other uses for rose quartz

- a symbol of love and beauty
- can ease headaches
- fosters unconditional love for self and others (so important, this one!)
- encourages peacefulness; a positive support stone
- heightens self-esteem
- comforts and soothes.

Rose Quartz Reiki contains the healing frequencies of the rose quartz crystal, with love and light, and will flow in whatever way(s) is/are appropriate for the recipient's highest good.

There are no prerequisites for this system. Familiarity with Reiki is recommended, however I also include some basic guidance on “how to do Reiki” for those who are new to energy work.

No certificates are provided as Rose Quartz Reiki is received as a self-attunement.

~ Disclaimer ~

Rose Quartz Reiki is not intended as a replacement for medical care or attention. Please do not pause or stop prescribed medication without your caregiver's consent.

All energy work is deemed to be complementary to medical care.

Use of this energy is fully your own responsibility.

~ Instructions for Use ~

This energy can be used in the same way as you use any other Reiki energy – on yourself, on your family, friends and clients, on your pets, and plants, on food and water, and anything else you use Reiki on!

It can be used hands-on, in the aura, distantly or by focussed intention.

Use Rose Quartz Reiki as often as is needed - it will only ever provide you with what is best for you each time you activate it. Follow your inner guidance in this!

To use on yourself or on others in-person, use phrasing similar to this:

“Rose Quartz Reiki On”

Perform the Reiki treatment as you usually do.

To use distantly for others, use phrasing similar to this:

“I now send Rose Quartz Reiki to [name of recipient]”

Send the Reiki treatment/energy as you usually do.

The exact wording is not important, as long as your phrase clearly illustrates your intent.

Brief guidance on “how to do Reiki” for those new to energy work

I am a big fan of Ole Gabrielsen's work as he “keeps it simple.” With credit to him for the easy instructions provided in his own manuals, I offer the following guidance for using Reiki:

On yourself: place your hands on or above your body (where you can reach, or where it hurts, or where it feels “right”). Activate the Reiki as described above, and allow the energy to flow. It will go where needed. No effort is needed, although you'll generally obtain better results if you are in a quiet state. You may like to say “Reiki Off” when finished. Again, it's your intent that is key!

On others: place your hands on or above the person's or animal's body (be mindful of privacy issues) and proceed as above.

Sending distantly: place your palms together and visualise the person or pet enclosed within your hands, then proceed as above.

~ The Attunement ~

To receive:

Please sit or lay quietly, in a comfortable position, where you will not be disturbed for at least 20 minutes. The attunement will last for 20 – 40 minutes.

Self-Attunement:

"I ask that I now receive the Rose Quartz Reiki attunement that Winter Jasmine Reiki has placed in the etheric realms. I ask that this attunement is perfect for me in every way. Thank you."

Aftercare:

Please allow yourself to return to your day gently after your attunement, and rest or drink water if you need to.

~ A Note about Universal Energy ~

We ALL have access to universal energy, at all times, and in all places.

You can call on it at any time.

The Rose Quartz Reiki system is not designed to replace your own unique, personal relationship with Universal Energy/Source.

It is designed with very specific intentions: to allow you to use the healing frequencies of the rose quartz crystal, with love and light, in whatever way(s) is/are appropriate for the recipient's highest good.

~ A Note regarding similar energy systems ~

Rose Quartz Reiki is neither linked with, in competition with, or a replacement for any similar systems.

All energies should complement others.

All energy systems have their own unique vibration, according to the exact intentions laid out prior to and/or during the channelling of the energy, and also through the unique energy system of each individual channeller.

Rose Quartz Reiki has not been influenced by any other systems that have been made available. I have deliberately not researched other similar systems so that the intentions for Rose Quartz Reiki remained purely a result of my own guidance.

~ Pricing ~

It is likely that the argument about charging for energy work will continue forever; however, as energy work is now my full-time vocation, I have chosen to offer some healing sessions and attunements for free, and others at a very modest charge, to cover the use of my time.

This particular Attunement is being made available free of charge, in accordance with the clear guidance that I received. If anyone feels guided to make a donation, that is fine, and all donations will be accepted with gratitude. :-)

In offering this energy system to others, I ask that you too offer it freely, although donations may be accepted where offered. You **MAY NOT** charge a fee for this system. The Quartz Crystal Reiki systems were given to be shared with as many people as possible, regardless of their financial situation. This is one of the reasons why I designed this Trilogy as a series of self-attunements. Please make the manuals available to others if you are able to do so.

Please do not alter this manual in any way, or copy it without my written consent. If promoting this system, please describe it (as far as possible) using your own words. Please respect and follow copyright law.

If you would like to translate this manual, please ask me first.

I can be contacted at winterjasmine888@gmail.com

Intending the very best at all times,

Joanna

Winter Jasmine Reiki