

Love Stones

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Crystals are magical, potent and fascinating. Harnessing the unique beauty of crystals can change your life and bring you everything your heart desires - if you know how to access their power. For thousands of years crystals have expressed love and stimulated passion. Love stones can be gently romantic or powerfully erotic. They can attract a soulmate or put a zing into an existing relationship. Place a chunk of Rose Quartz by your bed to attract love into your life.

You can feel love radiating out from stones such as Rose Quartz, Rhodochrosite or Kunzite and crystals can change how you feel about yourself, making you more open to love.. Worn over the heart such stones help you to accept and love yourself - a prerequisite to being loved by someone else.

If you're looking for something with more verve and eroticism, the passionate red stones such as Carnelian, Red Jasper or Garnet are for you. Scatter them around your bedroom and the aphrodisiac effects soon make themselves known! If the feelings are there, but not much action, Green Tourmaline will come to your aid, tape one just below your navel. If sharing physical pleasure brings on your inhibitions, try Pink Tourmaline. It assures you that you can trust your body and let love in. Watermelon Tourmaline beautifully combines the two.

The search for a soulmate is universal. A soulmate is someone with whom you share not only love but also your deepest thoughts and feelings but, be warned, soulmates can have karma attached. Your best bet is to aim for a twinflame, a soul companion with all the joys and none of the drawbacks. Double crystals that are attached side by side on a common base attract such a person into your life and candle quartz is often found in this formation. Keep your twinflame crystal with you or place it by your bed.

Size and appearance matter little when it comes to crystal power. The crystal that speaks to you is the one for you. Don't be fooled by bright, shiny and big. Small, misshapen and less attractive crystals often have the same power – and cost a great deal less. When you visit a crystal shop, notice on which crystal your eye alights first, it's for you. If you're looking for a specific crystal, the one that sticks to your hand has your name on it. Take it home, run it under the tap to cleanse its energies, and programme it. Precisely formulate what you want your crystal to do. Sit quietly and hold your crystal. Focus your attention on it. State your intention firmly and clearly – you may need to repeat several times.

Here are some suggestions to get you started on crystal love:

Translucent Rose Quartz is the stone of unconditional love. If you've not been able to love yourself, this sympathetic stone brings forgiveness and self-acceptance. When you love yourself, the way opens to attract a lover and Rose Quartz joyfully assists.

Speckled Aventurine sparkles in light. Green Aventurine activates, clears and protects the heart, enhancing your ability to attract love and increasing empathy. It's a wonderful stone for mature love.

Granular and often hairy, Lodestone magnetically attracts love. In olden times it was used to test the loyalty and fidelity of a wife. Her husband would place it beneath her pillow. If she fell out of bed, she was no longer virtuous.

Banded Rhodochrosite pulsates with love and forgiveness. Used in meditation it can attract your twinflame.

Wounds to the heart make you cautious about love. No matter how much you may yearn for a relationship, you'll hold back. A 'broken heart' is a painful experience. Crystals such as Rose Quartz and Rhodochrosite are perfect for gently healing the wounds of love. Simply place the crystal on your heart and wait for it to do its work.

Velvety-black Obsidian helps to release old loves, cleansing the heart of outgrown ties and painful memories. Apache Tears, transparent, water-smoothed black obsidian pebbles, traditionally 'shed tears', bringing insights into pain and creating acceptance. Green or Rainbow Obsidian cut the cords of old loves, releasing the hooks that others have left in your heart.

Striated Pink Kunzite activates your heart chakra, purifying it and filling it with peace. It removes emotional debris left behind from past relationships and is the perfect stone for healing a broken heart.

Banded Agate overcomes bitterness of the heart and eliminates inner anger.

Crystals can create positive relationships. Drawing in qualities that are lacking, they transmute negative factors, and support and nourish love. Crystals help you to work through conflict, and transform a dysfunctional relationship into a healthy, happy one. Green Tourmaline translates your feelings into action and Kunzite has the same effect. Green Tourmaline can also help you to recognise a problem, get to the bottom of it, and deal with it constructively.

Sky-blue to green, Turquoise unites the earth and the sky. It's said that if Turquoise is offered as a pledge of friendship, the spirit dwelling in the stone will transfer its assistance to the recipient. In relationships, Turquoise's greatest contribution is to tune into, and help you understand, your partner.

Beautiful and iridescent, Opal fosters love, passion, loyalty and faithfulness. It's often used for engagement rings for this reason.

Vivid red Ruby fosters romance and marriage, integrity, devotion and passion. Its positive energy helps in all matters of love and it can increase virility.

Deep purple and lightly banded, the love stone Sugilite represents the perfection of spiritual love and has the capacity to foster forgiveness. In relationships, it can protect the inner self from the shocks and disappointments of the world, and has the power to eliminate hostility and jealousy.

Sparkling Diamonds are one of the most precious gemstones. Traditionally used for engagement rings, they bond a relationship and enhance the love of a husband for his wife.

If it's lasting happiness you seek, Sardonyx is the answer. This banded onyx brings joy and commitment to marriage and live-in relationships.

As Jasper enhances energy, it can prolong sexual pleasure. Red Jasper has the useful attribute of bringing problems to light before they become a threat to happiness.

If jealousy is causing problems, turn to cool green Peridot. It alleviates jealousy, resentment, spitefulness and anger, and reduces stress. This useful stone enhances confidence and assists in looking back to the past to find the gift in your experiences, and shows how to forgive.

One of the most enjoyable ways to experience crystal love is to take a bath with your favourite stone. Choose one that radiates out the qualities you seek: passion, romance, self-love, healing for your heart. Cleanse the crystal and place it in the water, to which you can add a few drops of rose oil. Take a long, hot soak and absorb the energies. If you share the bath with your partner, so much the better. At night, slip the stone under your pillow to reinforce its effects.

Crystal Prescriptions, O Books and EW Media, priced £7.99, helps you to identify exactly the right stone for your symptom or need.