

The background of the entire page is a close-up, textured image of rose quartz. The color palette is a range of soft pinks, from pale, almost white tones to deeper, more saturated rose and magenta hues. The texture is organic and crystalline, with visible veins and facets that catch the light, giving it a shimmering, ethereal quality.

# Rose Quartz as a Homeopathic Remedy

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## Table of Contents

Proving.....	2
Classification of Rose Quartz.....	2
Non-Homeopathic Uses of Rose Quartz Crystals.....	3
Rose Quartz Crystals in Greek Mythology.....	4
Some Thoughts on Love.....	4
Mental/Emotional Characteristics.....	6
Physical Generals.....	7
Physical Particulars.....	7
Compare with.....	11
Cases.....	11
Rubrics.....	15
Bibliography.....	22

Word count without the Rubrics and the Bibliography sections: 4646

*'Your task is not to seek for love,  
but merely to seek and find  
all barriers within yourself  
that you have built against it.'*

*Rumi*

## Provings

Rose Quartz as a homeopathic remedy can be prepared in two different ways: through trituration and from a gem elixir. During trituration, the crystal is crushed, whereas in the process of making a gem elixir the crystal remains intact. Arguments can be made whether and how much the medicines made in these two different ways vary in their effects. Both remedies were proved in 1995 by the Guild of Homeopaths, as part of the meditative provings.<sup>1</sup>

Nowadays, we use Peter Tumminello's immersion more, and that is what I am predominantly basing my study on. It is the remedy that is found in electronic repertories and has been used for a further, more traditional proving by Tumminello in 2006.<sup>2</sup>

What is interesting in all resources written on Rose Quartz is that many times they describe the remedy more by its healing effects and less by its symptom picture. To my knowledge, this way of presenting a remedy was not in practice before the meditative provings, but it seems to be becoming more and more common. I am attempting to present my findings in a more traditional way, and focus more on the remedy's symptom picture - in the hope, that in this way, it will be easier to distinguish Rose Quartz from similar homeopathic medicines.

## Classification of Rose Quartz

Rose quartz is a mineral remedy, belonging to the family of crystals, and the sub-family of quartz crystals. The main component in quartz is silicon dioxide, which is also what the homeopathic remedy Silica is made from.<sup>3</sup>

All quartz crystals are magmatically formed. As magma is pushed towards the earth's crust, it picks up different minerals. Once the magma is close enough to the surface to start cooling, it can get trapped in stone pockets. While in these stone pockets, silicon mixes with oxygen and begins to crystallise. The slower the magma cools, the longer this process takes, and the larger the crystal formations become.<sup>4</sup>

According to Tumminello, the highest quality Rose Quartz comes from Alto Feio in Brazil, Madagascar, India, Japan, South West Africa, Germany and Russia. Tumminello got his piece from Australia, Harts Range, Northern Territory. (Tumminello, 2012, p. 5)

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<sup>1</sup> Each meditator was given a single dose of 30C before meditation. Their findings were recorded in Meditative Provings Vol 1 (1992-1997)

<sup>2</sup> The results of Tumminello's proving with 14 provers have been published in Rose Quartz: The Garden of the Heart. This book is also based on the results of successful Rose Quartz prescriptions for 19 clinical cases, three of which are shared in detail.

<sup>3</sup> To create Silica, we don't use quartz crystals but rather pure silicon dioxide. Therefore it is a different remedy from Quartz and Rose Quartz, with a rather different symptom picture.

<sup>4</sup> <https://www.gemsociety.org/article/how-does-quartz-form/>; <https://sciencing.com/how-rose-quartz-formed-4925386.html>

## Features of Rose Quartz Crystals

There are different theories on how Rose Quartz gets its pink colouring, and maybe all of them are true, on a case by case basis. The most popular theory is that either titanium, manganese or dumortierite is present during the formation of the crystals, and this creates an impurity in the quartz, creating Rose Quartz. (Tumminello, 2012, p. 5)

Compared to some other quartz crystals (such as clear quartz and amethyst), Rose Quartz appears to be found in massive blocks rather than in smaller clusters. (Tumminello, 2012, p. 5)

## Non-Homeopathic Uses of Rose Quartz Crystals

Ever since recorded history (and probably even pre-dating recorded history!), ancient civilisations seem to have used crystals for healing. Whether as a jewellery piece or as a single piece of stone, Rose Quartz has always been used for its perceived healing and/or magical properties. The earliest Rose Quartz beads date back to 7000 BC, to ancient Mesopotamia.<sup>5</sup>

As a healing crystal, Rose Quartz has always been associated with love, beauty, fertility and youth. In ancient Rome and Greece, these qualities were linked to the goddess Aphrodite/Venus. Throughout the ages, Rose Quartz has been called both Love Stone and Venus Stone.

Rose Quartz has long been used as the beautician's tool for preventing ageing. According to an ancient Egyptian myth, Isis, the goddess of life, motherhood and fertility, used the pink stone to rub on her cheeks and eyes to heal her skin and prevent ageing. This is a practice that is still carried out by many Egyptian women today. In the West, many holistic therapists use Rose Quartz in their treatments. Most holistic facialists use small massage wands and gua sha stones made from Rose Quartz. Some of them might believe in its anti-ageing quality, but most of them are probably unaware of the connection between Isis and Rose Quartz. Still, Rose Quartz is an ideal choice for facials, as the crystal is able to quickly take on skin temperature, making the use of facial tools more pleasant to clients.

Crystal healers today also favour Rose Quartz over other crystals associated with healing hearts (such as green aventurine and unakite), because it's said to have a more gentle effect. They either place Rose Quartz on the client's chest or in the palm of their hands, to initiate healing.

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<sup>5</sup> [https://www.theringaustin.com/pages/rose\\_quartz](https://www.theringaustin.com/pages/rose_quartz)

## Rose Quartz Crystals in Greek Mythology

There are two ancient Greek myths in which Rose Quartz plays a part.<sup>6</sup> The first myth says that as Aphrodite left her previous lover, Ares (the god of war) for the mortal Adonis, Ares sent a wild boar to kill Adonis as an act of revenge. While Aphrodite was rushing to help Adonis, she cut herself on a briar bush. As she held her dying lover in her arms, their blood combined and dripped to the ground, staining clear quartz and creating Rose Quartz. Zeus, the king of the gods, showed his compassion as he brought Adonis back to Aphrodite for six months a year. Rose Quartz therefore became a symbol of undying love.

Rose Quartz was also part of Eros' story as the god of desire, love and attraction. The myth goes that he brought Rose Quartz down from the mountain Olympus (home of the gods) to spread love and romance amongst the mortals.

## Some Thoughts on Love

In the homeopathic remedy picture of Rose Quartz one of the most important themes on the mental/emotional sphere, is the subject of love. Love can show up in the Rose Quartz picture in many different ways. Some Rose Quartz patients will have a problem around romantic love, while others have difficulties in their friendships, or issues with their family members.

Before moving onto how this all presents in the remedy's symptom picture, I believe it is important to propose the following idea to the reader: love is an energy we can step into/lean into/open up to. It is not something we can only feel towards our children or romantic partners, it is an attitude and a frequency we can discover and share with everyone and everything, including ourselves, other humans, animals, deities, activities, etc. Throughout our lifetime, we can experience many different expressions of love - and they are all love, neither of them superior to the others by nature; only by personal choice.

One influential modern interpretation of the different types of love between humans is found in the book "The Art of Loving" by Erich Fromm, published in 1956. Fromm draws upon Greek philosophy, particularly the works of Plato and Aristotle, to categorise love into eight types:

1. Eros (sexual passion)
2. Philia (deep friendship)
3. Ludus (playful love)
4. Agape (love for everyone)
5. Pragma (longstanding love)
6. Philautia (love of the self)
7. Storge (family love)
8. Mania (obsessive love)

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<sup>6</sup> <https://www.monicaivader.com/blog/gemstones/rose-quartz/rose-quartz-in-ancient-greece>

We could say that one of the biggest challenges in life is to open ourselves up to the above types of love, and aim to find joy and peace within all of them. A similar process is described in Plato's Symposium, called the Ladder of Love:

1. On the first ladder, we experience physical attraction (Eros) for a particular beautiful body. This form of love is characterised by a desire for physical pleasure
2. On the second ladder, we experience love for all beautiful bodies, not just one
3. On the third ladder, we feel love for beautiful souls. This stage of the ladder involves forming emotional bonds with individuals based on shared interests and moral values
4. On the fourth ladder, we recognise our love towards laws and institutions that promote justice, virtue and common good
5. On the fifth ladder, we discover our love for knowledge, abstract forms and concepts, such as philosophical ideas and artistic creations
6. On the sixth ladder, we recognise love itself. At this stage, we no longer focus on the beauty of particular objects or ideas, but instead experience love in everything

Plato chose to describe the process of embracing love as a progression from the physical and sensual aspects of love to the intellectual and spiritual realms. I personally believe that all steps of the ladder are equally important by nature, and merely different expressions of the same, of the energy of love.

Clients who can benefit from Rose Quartz are humans who are fascinated and/or burdened by the topic of love, and the different lessons and responsibilities they encounter through love. We could say that Rose Quartz patients have difficulty with one or several types of love, or feel stuck on one of the ladders of love. The remedy Rose Quartz is helping them to move past their difficulties and to embrace whichever expression of love they developed an imbalance with. And once one aspect of their relationship with love has healed, they can relax more into experiencing other aspects of love and life too.

## **Main Themes of Homeopathic Rose Quartz**

Although love can be a main theme in the symptomatology of Rose Quartz, it is by far not the only theme. Other keynote themes in Rose Quartz that can be simultaneously observed both on the mental/emotional and on the physical plane are:

- Connection: lack of connection, need to connect
- Boundaries: hard boundaries or lack of boundaries
- Heaviness
- Sensitivity, fragility
- Alternating, opposing states: soft and hard, light and dark, damp and dry
- Unable to express true potential: sparkling, colourful, vibrant vs dull, grey and tired

## **Affinities**

Mental/Emotional; both left and right; heart; chest; female; throat; eyes; pregnancy agg.

## Mental/Emotional Characteristics

**LOVE.** Ailments from disappointed love. Love-sick. Strong desire for romantic love, to be loved. Feeling unloved by family members, friends and/or sexual/romantic partners. Feeling unloved by the universe. Hard-hearted, unfeeling.

**SELF-LOVE.** Lack of self love. Overly critical of one's own self. Lack of confidence. Feeling of worthlessness. As if something is inherently wrong with one's own self. Self-hatred. Suicidal disposition.

**DAMPENING ONE'S OWN SHINE.** Lack of creative expression. No interest in music, dancing, painting, where previously there was a strong interest. Censoring self-expression. Self-sabotaging by taking on and trapping one's own self in unsatisfying, dull jobs, when one naturally enjoys creative and proactive roles more. Desire to hide. Introverted after disappointment.

**RESPONSIBILITY.** Desire to please others. Taking on too many responsibilities and taking responsibilities too seriously. Ailments from too many responsibilities in the family. Too early and too many responsibilities in children.

**BOUNDARIES.** Lack of healthy boundaries. Feeling others' energies too much, feeling invaded by others' emotions. Sudden bursts of anger in an attempt to protect one's self.

**ABUSE.** Ailments from abuse: sexual, psychological, physical abuse. Abuse by one's own father. Abuse by one's sexual/romantic partner.

**FORSAKEN FEELING.** As if not belonging to one's family, to one's physical reality, one's current incarnation. Feeling unloved by parents, friends, partners, love interests. As if a stranger, as if an outcast, rejected and abandoned. Longing for the love of others, the good opinion of others and appreciation from others. Strong desire for company.

**SPIRITUALITY.** Spiritual despair. Spiritual affections. Spiritual eccentricity. Egocentric and competitive with spiritual awareness. Desire to connect and communicate with gods and deities. Simultaneously, naivety and idealism in day to day life and human relationships.

**DESPAIR.** Reluctance of making peace with the life one has: inability to accept the physical, material realm, to accept the process of incarnation, to accept one's current incarnation and the ancestral traumas and responsibilities it comes with.

**ALTERNATING STATES.** One minute, crying, laughing the next. Depression alternating with mania. Hatred alternating with love. Irritability alternating with calm. Analytical states alternating with emotional states.



**DISCORDS.** Ailments from discords with loved ones. Ailments from discords between other family members. Irritable. Impulsive. Conflict-avoidant with unexpressed anger, alternating with sudden bursts of emotions.

**FEARFULNESS.** Fear of being attacked, of not being loved, of robbers. Fear at night. Fear of panic attacks.

**ANXIETY.** Anxiety in heart complaints. Anxiety with guilt. Anxiety with shame. Anxiety with fear.

**EMPATHY.** Deep empathy and overwhelming love towards everyone and everything. Sad stories aggravate.

**FANTASIES.** Persistent thoughts of romantic and religious fantasies. Persistent thoughts of youth, beauty and love.

**HYPER-SEXUALITY.** Nymphomania. Inability to express affection on other planes of relating.

**FRAGILITY.** Overly sensitive. Feeling fragile, vulnerable, easily hurt.

**COLOURS.** Desire for pink and gold colours, sometimes pale red.

**DREAMS.** Of children. Of one's own family. Of being injured, of injured or hurt children.

## **Physical Generals**

**HEAVINESS.** Sensation of great heaviness, of great disability.

**SENSITIVITY.** Sensitivity to odours, to noises.

**TIREDFNESS.** Tiredness brought on by standing. Tiredness in the early afternoon. Tiredness accompanied by palpitations and trembling.

## **Physical Particulars**

### **HEAD**

Head feels heavy, hard to hold up

Crushing headache

Headache as if from a tight cap

Headache with darkened or blurred vision

Headache with nausea, > hot shower

One-sided piercing headache around the temples or the forehead  
Sensation as if cheekbones being drawn out producing a large smile  
Sensation as if head is disconnected and floating away  
Sensation as if of someone writing on their forehead  
Sensation as if right side of face melting or dragging down  
Tingling and throbbing in the jawbone and in the upper teeth  
Infected abscesses on the chin

## **EYES**

Problems with vision: floaters  
Irritated and watery eyes  
Dryness and itching around the eyes  
Heaviness around the eyes

## **EARS**

Over-sensitivity of hearing  
Thick yellow wax

## **NOSE**

Soreness of the inside of the nostrils and tip of the nose  
Pain extending down from the root of the nose  
Sinus pain < right side  
Clear or bright yellow coryza < right side

## **MOUTH**

Fissured tongue, dark red  
Bad breath  
Back of the tongue discoloured: grey with a tinge of greenish yellow  
Tongue swollen, stiff  
Dry mouth  
Sensation as if tongue is burnt  
Sensation of lips pulsating  
Sensation of numbness in teeth, as if teeth were missing

## **THROAT**

Sore throat < right side  
Pain in throat extending to ear or ears  
Tension, constriction in throat  
Sensation as if throat is weight down by something  
Sensation of choking or of being about to choke  
Cancer in throat

## **SPEECH AND VOICE**

Loud speech  
Hoarseness of voice

### **CHEST**

Heaviness and tingling in upper chest, extending to arms  
Squeezing chest pain from missing a loved one  
Pain in sternum  
Pain in left armpit  
Pain around thymus gland

### **LUNGS**

Asthma  
Bronchitis during pregnancy  
Difficult, slow breathing, with fear  
Air hunger, with hyperventilation  
Deep breathing alternating with shallow breathing  
As if they might die from lack of breath and no one would notice  
Sensation of not being able to breath

### **HEART AND CIRCULATION**

Pain around heart, aching repeatedly  
Palpitations, fluttering in the heart  
Irregular heartbeat  
Sensation of heart skipping a beat  
Thudding heartbeat being felt in the ears  
Raw and deeply sore sensation  
Aching in the heart as if growing pains; being stretched; swollen and large  
Sensation as if heart is pushed against the ribs and could burst

### **BACK**

Pain with numbness  
Pain with crawling sensation  
Pain during pregnancy  
Pain on the left side around T4 vertebra, during grief  
Growth on spine  
Soreness in lower back, < sitting, on walking, > lying flat  
Soreness in coccyx

### **ABDOMEN**

Sharp pain in the area of the spleen

### **GASTRO-INTESTINAL**

Nausea, deep in the pit of the stomach

Sensation of heavy weight in the stomach  
Thirst  
Constipation first with soft stool, then with inactivity  
Chronic loose stools  
Urging to stool on walking

### **URINARY**

Cloudy urine  
Weakness of kidneys after grief  
Weakness of kidneys with high blood pressure  
Uterine damage after cesarean

### **FEMALE**

Short, approximately 25 days cycle  
Herpetic eruption above the pubic bone  
Menopausal flushing with reddening of skin  
Chronic bleeding after miscarriage  
Infertility  
Sensation as if the pelvis has been crushed with a stone with fine internal cracking  
Lack of desire, or excessive desire  
History of sexual abuse  
Confusion around sexual orientation  
History of promiscuity or of having loved and lost with no further desire for a new partner

### **MALE**

Throbbing and warmth in perineum

### **SKIN**

Very little sweating  
Urticaria, with redness  
Itching moves from one spot to another  
Redness of skin, especially on face  
Wrinkles, sagging, dry skin on face prematurely

### **EXTREMITIES**

Lack of coordination, clumsiness  
Cold feet  
Cold and numb left leg  
Heaviness of limbs, with tingling  
Sciatic pain on one side  
Sensation as if left and right side were divided  
Numbness, loss of power in left hand  
Arthritic pain in the fingers especially in the middle or little fingers

Fingertips turn red to blue from holding a pen  
Osteoporosis  
Inflammation of the joints

## **SLEEP**

Napping throughout the day  
Wanting to sleep up to 12 hours at a time  
Using sleep to escape from reality  
Sleepless from excitement

## **FOOD AND DRINK**

Craving for everything sweet including chocolate, cakes and biscuits  
Desire for pink coloured, fizzy, soft drink  
Desire for vegetarian food

## **Compare with**

Pulsatilla. Natrum Muriaticum. Ignatia. Aurum Metallicum. Carcinosis. Tuberculinum. All matrional remedies, especially Oxytocin, Lac Humanum and Lac Maternum.

## **Cases**

### **A case by Peter Tumminello<sup>7</sup>**

Female, 53, single, working in child welfare. Complains of feeling distant from her friends, and a need to control her anger around them. Before, she was very sensitive to her friends' feelings, now she feels a hardness around her heart. She feels like she isn't connected to joy anymore. She always had a problem with her mother, and feels distant from her too. She is unable to visit her regularly because of her feelings. She used to be pleasing towards her mother when she was a child; when she stopped, her mother reacted negatively. Since then, she developed a coldness towards her. She is sometimes worried that she would kill or hit her mother. On one occasion, she screamed and shouted at her mother. She fears that she doesn't have strong enough boundaries and her mother will 'invade her'. Because of this fear, she feels a coldness. She doesn't enjoy the coldness, but is scared to let it go. At her new job, she is very responsible. She is the one who has to hold the team together. She struggles with that, she feels overly responsible for the wellbeing of everyone. Also complains of arthritis in her fingers. Of chronic diarrhoea, which she had all her adult life. Coldness and numbness in her left leg. She craves ice cream with chocolate coating.

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<sup>7</sup> Tumminello, 2012, p. 44-49

After taking Rose Quartz immersion 200c for seven days, she returns much happier. She feels more boundaries with colleagues and is much less anxious at work. Says that joy is a normal state to her now. She is enjoying her friendships more, and is a lot less affected by her relationship with her mother. Tumminello asks her to continue taking Rose Quartz immersion 200c as needed.

Six months later, the client comes back complaining of old wounds being triggered after an argument with a friend at work. She feels rejected. She is also feeling physically tired, and an ache around her heart, coupled with anger. Her back is sore and worse for motion. She is craving sweets. Tumminello then prescribes Rose Quartz immersion 1M.

Two months later, the client returns in a much more centred and happier state. Says that the remedy helped her to resolve problems with her friends. Her back pain went away and she no longer has a craving for sweets. Tumminello asks her to continue taking Rose Quartz immersion 1M as needed.

Five months later, the client comes back after taking over 30 (!) doses of Rose Quartz immersion 1M. She is overall very happy and feels that the remedy has been helping her greatly. She still has loose stools, and that is why she kept on repeating the remedy. Every time her stools became loose, the remedy helped her. She is reflecting a lot on her childhood, and on how she is finally developing an inner sense of safety. Tumminello then prescribes Rose Quartz Immersion 10M.

Two months later, the client returns. Her loose bowels have vastly improved. She used to dream about babies and children in danger. She now has dreams about babies being safe and healthy. Tumminello asks her to repeat Rose Quartz immersion 10M as needed.

Four months later, the client comes back for another visit. She has become the principal organiser of therapy for traumatised children in her organisation. She feels that her work is the meaning and purpose for her life. She no longer feels overwhelmed by work and personal life situations. She feels that situations no longer 'collapse' and 'fragment' her. She sees more of the family that she 'does like' and less of the family that she 'doesn't like'.

### **A case by Rovaye Hodges<sup>8</sup>**

Female, 39, single mother of two children. Her symptoms are of a bi-polar pattern: loud, fast talking and hysterical laughter, alternating with sobbing. In her manic phases, she experiences religious ecstasy and is able to 'download information' at a very fast speed. She is also sexually provocative, and spends large amounts of money and accumulates debt. In her depression phases, she would not speak and is suicidal. Self-confessed addiction to love, with unsupportive and abusive relationships. Spending a lot of money on improving her physical appearance, to become more attractive and find her soulmate. Her relationship with her

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<sup>8</sup> Tumminello, 2012, p. 51-55

children is difficult. People-pleasing at work, she feels like she is being bullied at work. On-going vaginal problems, with the the skin becoming 'angry, red, cracked and painful', when distressed in a relationship.

History of sexual abuse: from age 6 to age 10 was abused by 18-year old cousin. History of caring for her mum: from a very young age, she cared for her mum when she was feeling depressed and anxious. By the time she was 10 years old, she lost her 'joy for living'. Her only creative outlet was singing and dancing, which she did until she was 13. At 13, her parents sent her to boarding school. She rarely saw her father, as he was always travelling. At age 14, she started having sex, in her need to be loved. At age 18, she had an abortion while she was in an abusive relationship. She was overweight and a heavy smoker. At age 19, she became homeless. She had a nervous breakdown, was diagnosed with bipolar and medicated with lithium. She later got married, came off lithium, but then the marriage became abusive too. She started having affairs, looking for 'the one'. One of her lovers died after 10 years of involvement. Her two children are from her marriage, which ended in a divorce.

Hodges first prescribes Chamomile tincture to the client, which helps her to some extent. But she continues with an on and off relationship with a violent and manipulative man who had previously left. She struggles to release this man from her life, and becomes suicidal.

Hodges then prescribes Peridot in ascending potencies, and then Lachesis. These remedies give her strength but do not touch the root of the issue. Over the next few years, new lovers keep coming into her life and causing her heartache. At some point, the client struggles with vaginal thrush, vaginal cancer scare and lumps in her breast. Over these years, she receives more remedies: Staphysagria, Liliium Tigrinum and Silica. These are all helping her out of her bottled up anger and her depressive episodes.

Three years into her treatment, Hodges asks the client to start on Rose Quartz immersion 200, and the client has a realisation on her need to be loved. She reports the following: 'All of my life my relationships with the opposite sex have been unbalanced from my immediate family members such as my father and brother, to my ex-husband then to subsequent lovers and finally my son. I have felt the need to seek approval from the opposite sex from a very young age, whether platonic or sexual. This approval has driven me to compromise my beliefs and values and has stolen my ability to truly be myself. Even as I write I feel the pain of many years of unrequited love and the yearning to have love and approval from my father and brother. I have progressively been able to identify some of the ways in which I over love, which I now see is not love but the ego's seduction which creates neediness, insecurity and vulnerability.' She also reflects on how she is always compromising herself in order to be loved, even when deep in her heart she knows that the other person is not good for her; and on how she was never able to leave a relationship without feeling extremely guilty and anxious.

'Rose Quartz has brought out my light heartedness; allowed me to identify relationships that are not healthy for me; given me the courage to let go of people both men and women who drain on my energy; released me of the need to be loved and in doing so given me the desire

to fulfil my own life and that of my children; helped me to identify when I am feeling needy and be compassionate and loving with myself within that space; allowed me for the first time in my life to enjoy my own company and not pine or ache for another person to 'plug' into to make me whole or happy; helped me to accept people for who they are and not take their behaviour personally; strengthen my ability to slowly clear old pattern of behaviour; brought me to the realisation that I am beautiful, kind and gentle and who I am is enough; given me the courage to set boundaries with people in positions of power that cross over into my heart space and take advantage of my better nature and settled down the frequency of my anxiety attacks.'

Later, the client is prescribed Rose Quartz immersion MM. In the subsequent months, she starts facing her issues, paying her debt back, improve her relationship with her children and her mother, and standing up for herself more and more at work. She also decides to stay single and work on herself instead. She naturally loses weight, her vagina stops 'being angry', and she altogether becomes more grounded and more supported by the universe.

### **My own experiences with Rose Quartz**

Over the past two years, I have given Rose Quartz immersion 30 both to myself, and to others: to friends, lovers, my mother, and to case study clients. The remedy had a profound effect on every one of these humans. The common thread between all these humans have been an early experience of some kind of abuse, neglect or trauma. Many of us have been taking care of our parents' emotions from a young age, and then continued this pattern of taking care of others, seeing others as more important/exciting/beautiful/worthy of love than ourselves, and neglecting our own needs, into our adult lives. In my own case, the pattern of feeling unloved also goes back to ancestors. My great-great-grandmother on my mother's side committed suicide after her lover left her with their baby; leaving the baby, my great-grandmother without a biological parent to care for her. She was raised by another couple in the family.

Rose Quartz has been helping us to realise that things can be different for us: that love is not something that we need to search for and sacrifice ourselves for, but rather an abundant, universal energy source that we can find both within ourselves and outside, and step into/lean into and share with others; once our barriers created by abuse, neglect and trauma have been worked on. To me personally, love now means not just love between two humans, but also a never-ending dialogue between Self and Universe. A dialogue that employs the language of connectedness, curiosity, calm, clarity, confidence, courageousness and compassion. A dialogue that is a springboard to action and creation of true integrity.



## Rubrics

Rubrics in normal type: from Complete Dynamics software

Rubrics in italics and bold type: from Radar Opus software

### MIND

ALTERNATING states: 1

ALTERNATING states; mental with emotional: 1

ABUSE agg., ailments from: 2

ABUSE, agg., ailments from; father, by: 1

ABUSE, agg., ailments from; sexual: 1

ANGER: 2

ANGER' oneself, with: 1

ANGER; silent, pent up: 1

ANXIETY: 2

ANXIETY; fear, with: 1

ANXIETY; heart complaints, in: 1

ANXIETY; pain, with: 1

ANXIETY; pain, with; chest, in: 1

ANXIETY; pain, with; heart, in and about: 1

ANXIETY; conscience, of: 2

***mind - anxiety: 2***

***mind - anxiety - conscience; anxiety of: 2***

APPRECIATION, desires: 1

CENSORIOUS, critical; oneself, of: 2

CHILDREN; complaints in: 1

***mind - colors - gold - desire for: 2***

***mind - colors - pink - desire for: 2***

COMPANY; desire for: 1

COMPANY; desire for; partner, wife, husband, spouse: 1

CONFIDENCE; lack, want of self: 1

COWARDICE: 1

COWARDICE; opinion, to express his: 1

DELICACY; general: 1

DELUSIONS, imaginations: 2

DELUSIONS, imaginations; family; does not belong to her own: 1

DELUSIONS, imaginations; god, deities; communication with, that he is in: 1

DELUSIONS, imaginations; rejected, ostracised, outcast, one is: 1

DELUSIONS, imaginations; stranger, strangers; he is a: 1

DELUSIONS, imaginations; trapped, one is: 1

DELUSIONS, imaginations; trapped, one is; life, in: 1

DELUSIONS, imaginations; worthless, one is: 1

DELUSIONS, imaginations; wrong; one has done: 1

DEPENDENCE: 1

DEPENDENCE; sexual, erotic: 1  
 DESPAIR: 1  
 DESPAIR; religious: 1  
 DISCORDS agg., ailments from: 1  
 DISCORDS agg., ailments from; relatives, friends, between: 1  
*mind - ailments from - discords: 2*  
*mind - ailments from - discords - family members; between: 2*  
*mind - ailments from - discords - friends; between one's: 2*  
*mind - ailments from - discords - parents; between one's: 2*  
 ECCENTRICITY: 1  
 ECCENTRICITY; religious: 1  
 EMBARRASSMENT: 1  
 EUPHORIA, elation: 1  
 EXCITEMENT, excitable: 2  
 EXCITEMENT, excitable; ailment, from, agg: 2  
 EXCITEMENT, excitable; ailments, from, agg: mental and emotional consequences of: 2  
 EXCITEMENT, excitable; ailments from, agg; suppressed: 1  
 EXCITEMENT, excitable; irritability of vagina, with: 1  
*mind - ailments from - excitement - emotional: 3*  
 EXPRESS oneself; difficult: 1  
 FEAR: 2  
 FEAR; night, agg: 1  
 FEAR; attacked, of being: 1  
 FEAR; confrontation, of: 1  
 FEAR; loved, not to be: 1  
 FEAR; panic attacks, overpowering: 1  
 FEAR; robbers, of: 1  
 FEAR; robbers, of; night: 1  
*mind - fear: 1*  
*mind - fear - opinion of others, of: 1*  
 FORSAKEN feeling: 2  
 FORSAKEN feeling; loved, beloved by one's parents, spouse, friends, feels is not being: 1  
 FORSAKEN feeling; loved, beloved by one's parents, spouse, friends, feels is not being; mother: 1  
 GRIEF: 1  
 GRIEF; silent, pent up: 1  
 HATRED: 1  
 HATRED; oneself, of: 1  
 HEART complaints, in: 1  
 HIDE; oneself, desire to: 1  
 HORRIBLE things, sad stories affect profoundly, agg: 1  
 HORRIBLE things, sad stories affect profoundly, agg; mental and emotional consequences: 1  
 HYSTERIA: 1

INTROVERTED: 2  
 IRRITABILITY: 1  
 IRRITABILITY; oneself, with: 1  
 LASCIVIOUSNESS: 1  
 LAUGHING: 1  
 LOVE; disappointment, unhappy, ailments from, agg: 2  
 LOVE; disappointment, unhappy, ailments, from agg; mental and emotional consequences: 2  
*mind - ailments from - love; disappointed: 2*  
*mind - love - love-sick: 2*  
*mind - love - romantic love; desire for: 1*  
 MANIA, madness: 1  
 MOOD; changeable, variable: 1  
 MORAL affections; want of moral feeling: 1  
 NYMPHOMANIA: 1  
 OPINION; opinion of others, longing for good: 1  
 PAIN; agg: 1  
 PAIN; with: 1  
 PAIN; with; heart, in: 1  
 PLEASE others, desire to: 1  
 PREGNANCY, in: 1  
 RELIGIOUS complaints, affections: 1  
 REMORSE, repentance: 1  
 REMORSE, repentance; indiscretion, over past: 1  
 RESPONSIBILITY; ailments, from, agg: 1  
 RESPONSIBILITY; others, to: 1  
 RESPONSIBILITY; strong, or too: 1  
 RESPONSIBILITY; strong, or too; family matters, in: 1  
*mind - responsibility - taking responsibility too seriously: 3*  
*mind - responsibility - taking responsibility too seriously - children; in: 1*  
 RESTLESSNESS, nervousness: 1  
 SADNESS, depression: 2  
 SADNESS, depression; hysteria, in: 1  
 SADNESS, depression; pregnancy, in: 1  
 SADNESS, depression; sleeplessness, with: 1  
 SADNESS, depression; suicidal disposition, with: 1  
 SADNESS, depression; gloomy, dark: 1  
 SENSITIVE, oversensitive: 1  
 SENSITIVE, oversensitive; other say about her, what: 1  
 SHAME: 1  
 SLEEPLESSNESS, with: 1  
 SQUANDERS: 1  
 SQUANDERS; money: 1  
 SUICIDAL disposition: 2

SUICIDAL disposition; children, in: 1  
SUICIDAL disposition; love disappointment, from: 1  
SUICIDAL disposition; poison, by: 1  
TACITURN, indisposed to talk: 1  
TALK, talking, talks; hasty, hurried, fast: 1  
THOUGHTS; persistent: 1  
THOUGHTS; persistent; youth, beauty and love, of: 1  
UNFEELING, hard-hearted: 1  
**mind - unfeeling: 2**  
VULNERABLE, emotionally: 2  
WEARINESS of life: 1  
WEEPING, tearful mood: 1  
WEEPING, tearful mood; alternating with; laughing: 1  
WEEPING, tearful mood; hysterical: 1  
WEEPING, tearful mood; sobbing: 1  
WOMAN, man, spouse, partner; desires an ideal: 1  
YIELDING disposition: 1

## EYES

GENERAL: 1  
BRILLIANT: 1

## FEMALE

VULVA: 1  
VAGINA: 1  
GENERAL: 1  
FUNGUS: 1  
IRRITATION: 1  
IRRITATION; vagina: 1  
PAIN: 1  
PAIN; vagina: 1  
REDNESS: 1  
REDNESS; vagina: 1  
**female genitalia/sex - menses - early; too: 1**  
**female genitalia/sex - metrorrhagia: 1**  
**female genitalia/sex - metrorrhagia - abortion - during: 1**  
**female genitalia/sex - sterility: 1**

## SPEECH AND VOICE

LOUD voice: 1

## CHEST

INTERAL: 1

BRONCHIAL tubes: 1  
INFLAMMATION: 1  
INFLAMMATION; bronchial tubes, bronchitis: 1  
INFLAMMATION; bronchial tubes, bronchitis; pregnancy, during: 1  
INFLAMMATION; recurrent; bronchial tubes: 1  
*chest - pain - heart - grief; from: 1*  
*chest - palpitation of heart: 1*

## FACE

*mouth - dryness: 1*  
*mouth - pain - tongue: 1*  
*mouth - pain - tongue - burnt; as if: 1*  
*nose - pain - nostrils: 1*  
*nose - pain - nostrils - sore: 1*  
*nose - pain - sinuses: 1*

## HEART AND CIRCULATION

HEART region: 1  
ANXIETY, with: 1  
PAIN; heart region: 1

## BACK

GENERAL: 1  
PAIN: 1  
PAIN; pregnancy, in: 1  
PREGNANCY, in: 1

## EXTREMITIES

LOWER limbs: 1  
LOWER limbs; right: 1  
LOWER limbs; walking; while: 1  
LOWER limbs; joints: 1  
HIPS: 1  
HIPS; right: 1  
HIPS; walking agg: 1  
HIPS; joints: 1  
PAIN: 1  
PAIN; walking; while: 1  
PAIN; lower limbs: 1  
PAIN; hips: 1  
PAIN; hips; walking; while: 1  
PAIN; hips; joints: 1  
HIPS; joints: 1

PAIN: 1

PAIN; walking; while: 1

PAIN; lower limbs: 1

PAIN; lower limbs; walking; agg: 1

PAIN; lower limbs; joints: 1

PAIN; hips: 1

PAIN; hips; right: 1

PAIN; hips; walking; while: 1

PAIN; hips; joints: 1

***extremities - discoloration - fingers: 1***

***extremities - discoloration - fingers - blue: 1***

***extremities - discoloration - fingers - red: 1***

***extremities - heaviness: 1***

***extremities - heaviness - upper limbs: 1***

***extremities - pain - fingers - tips: 1***

***extremities - raynaud's disease: 1***

## **SLEEP**

SLEEPLESSNESS: 1

***sleep - sleeplessness: 2***

***sleep - sleeplessness - excitement agg.: 2***

## **DREAMS**

CHILD, children: 1

CHILD, children; injured: 1

FAMILY, own: 1

HURT, about: 1

INJURIES: 1

## **SKIN**

REDNESS: 1

## **GENERALITIES**

ALTERNATING states: 1

JOINTS: 1

HEART complaints, in: 1

INFLAMMATION: 1

INFLAMMATION; internal: 1

INFLAMMATION; mucous membranes: 1

PAIN: 2

PAIN; pregnancy, during: 1

PAIN; walking; agg: 1

PAIN; external: 2

PAIN; upper: 1  
PAIN; lower: 2  
PAIN; joints, articulations: 1  
PAIN; joints, articulations; large: 1  
PAIN; mucous membranes: 1  
PAIN; orifices: 1  
PREGNANCY; agg: 1  
REDNESS: 1  
REDNESS; orifices and about: 1  
SENSITIVENESS: 1  
WALK, walking; during: 1  
WEARINESS: 1  
***generals - pulse - irregular: 1***

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