



The Intuitive Connection

Inside this issue:

Valentine's
Celebration and
Services offered

3

Crystals and Oils for Love and Romance



Valentine's Day is just right around the corner, so this newsletter is going to focus on tools to aid in romance, connection and love. Besides the standard chocolates and flowers, there are other gifts you can give your sweetheart that says "I love you" in a less traditional way. Or if you are looking to add a little love in your life, check out the following tools to add to your romance toolbox.

There are many crystals that can attract love or strengthen an existing relationship. Let's focus on the top 11 crystals for love (I couldn't just pick 10). Healing definitions courtesy of The Crystal Bible by Judy Hall.

- ♥ **Garnet:** Known as the stone of commitment, this crystal is energizing, bringing serenity or passion to your life. It inspires love and devotion, balances sex drive, alleviates emotional disharmony, and removes inhibitions. Garnet helps open your heart and bestows self-confidence.
- ♥ **Green Jade:** Jade is the symbol for purity and serenity. Linked to the heart chakra, it increases love and nurturing. It helps release negative thoughts, soothing the mind. Green Jade calms the nervous system and channel passion in constructive ways. It can also bring harmony to dysfunctional relationships.
- ♥ **Kunzite:** This crystal awakens the heart center and unconditional love, producing loving thoughts and communication. It helps to clear emotional debris, healing heartaches, especially from past lives. Kunzite clears resistance and assists in effecting compromises between personal needs and those of others.
- ♥ **Lapis Lazuli:** This stone quickly releases stress, bringing deep peace. Lapis bonds relationships in love and friendship and aids expressing feelings and emotions. This stone brings the enduring qualities of honesty and compassion.
- ♥ **Moonstone:** Moonstone is the stone of new beginnings. Its most powerful effect is that of calming the emotions. Placed on the solar plexus, it draws out old emotional patterning so that it can be understood and then dissolved. It is an excellent stone for issues related to PMS, conception, pregnancy, childbirth, and breast-feeding.
- ♥ **Pink Tourmaline:** This stone aids in understanding oneself and others, taking you deep into yourself, promoting self-confidence and diminishing fear. It banishes any feelings of being a victim and attracts inspiration, compassion, tolerance and prosperity. Pink Tourmaline is an aphrodisiac that attracts love in the material and spiritual world. Providing assurance that it is safe to love, it inspires trust in love and confirms that it is necessary to love yourself before you can hope to be loved by others. This stone assist in sharing physical pleasure, and disperses emotional pain and old destructive feelings through the heart chakra.

- ♥ **Rhodochrosite:** Represents selfless love and compassion. It imparts a dynamic and positive attitude. It is an excellent stone for the heart and relationships, especially for people who feel unloved. Rhodochrosite teaches the heart to assimilate painful feelings without shutting down, and removes denial. Emotionally, it encourages spontaneous expression of feelings, including passionate and erotic urges.
- ♥ **Rhodonite:** An emotional balancer, this stone nurtures love and encourages brotherhood of humanity. It stimulates, clears, and activates the heart chakra. With its ability to promote unselfish self-love and forgiveness, it helps in taking back projections that blame the partner for what is really inside the self. It builds confidence and eliminates confusion.
- ♥ **Rose Quartz:** Rose Quartz is the stone of unconditional love and infinite peace. It is the most important crystal for the heart and the heart chakra, teaching the true essence of love. It purifies and opens the heart at all levels, and brings deep inner healing and self-love. If you want to attract love, Rose Quartz is for you. Placed by your bed or in the relationship corner of your home, it is so effective in drawing love and relationships toward you that it often needs Amethyst to calm things down. In existing relationships, it will restore trust and harmony, and encourage unconditional love. It aids in releasing unexpressed emotions and heartache and transmuting emotional conditioning that no longer serves. If you have never received love, Rose Quartz opens your heart so that you become receptive. If you have loved and lost, it comforts your grief. Rose Quartz teaches you how to love yourself, vital if you have thought yourself unlovable.
- ♥ **Sapphire:** Focuses and calms the mind and releases unwanted thoughts and mental tension. It brings prosperity and attracts gifts of all kinds. Traditionally Blue Sapphire is associated with love and purity.
- ♥ **Sugilite:** One of the major love stones, it represents spiritual love and wisdom and opens all the chakras to the flow of love, bringing them into alignment. Sugilite can help to bring light and love into the darkest situations. It alleviates sorrow, grief, and fear, and promotes self-forgiveness. It supports the overcoming of conflict without compromise.

Aromatherapy is powerful. We know that scent can affect not only our physical being but our emotional being as well. Let's take a look at 9 oils that can help you in the love and romance department.

- ♥ **Clary Sage:** Used as an aphrodisiac, this oil is known to relieve anxiety, calm the mind, while emotionally uplifting your spirits. Its scent is sweet and light, yet herbal and warming.
- ♥ **Geranium:** With its heavy floral scent, just one little drop goes a long way. Geranium helps calm anxious feelings, while supporting one's ability to feel open-hearted.
- ♥ **Ginger:** This oil is not only warming, but arousing. The spicy, earthy aroma promotes feelings of courage and confidence, and is sure to get the blood flowing when used in a massage oil blend (must be diluted).
- ♥ **Jasmine:** The alluring floral, fruity, and even slightly spicy scent has been used as an aphrodisiac for both men and women for decades. Not only does Jasmine calm, it diminishes fear and aids in releasing inhibitions.
- ♥ **Neroli:** This oil is perfect for romance as it helps set the mood with its calming, relaxing properties. It has a light floral, yet citrusy scent that is perfect to wear on your pulse points as a perfume.
- ♥ **Patchouli:** Sweet, yet earthy, Patchouli oil helps to balance an overactive mind, reduce nervous strain, opens up the breath, and supports connecting one with their sensual nature.
- ♥ **Rose:** The floral scent brings feelings of love, and soothes and heals the heart. The aroma creates a sense of relaxation, and has a calming effect.
- ♥ **Sandalwood:** Soft, sweet, woody and with slight musky note, Sandalwood helps quiet the mind and soothe the nerves. It can help promote sensual feelings and romance.
- ♥ **Ylang Ylang:** The sweet, yet strong scent provides a sense of calm and relaxation. It helps to calm anxiety and release inhibitions. Ylang Ylang petals have traditionally been scattered on the beds of newlyweds.

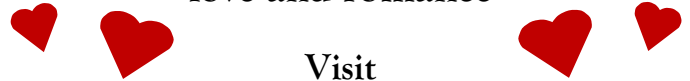
February 2021

Trinity Healing



Valentine's Celebration

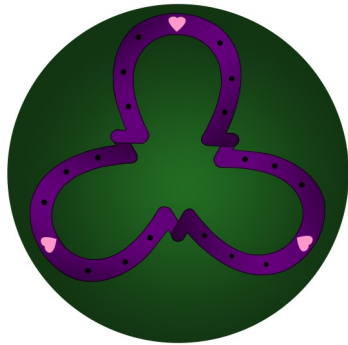
Receive 10% off crystals and oils for
love and romance



Visit

www.trinityhealingconnection.com/store

Discount will be automatically applied at checkout



*Trinity Healing
Connection, LLC*

STACEY
FERRELL

Prescott Valley, AZ
Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

Storefront:

8260 E. Plum Creek Way
Prescott Valley, AZ 86315

Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled
in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

Website: www.anneangelheart.com

Email: info@anneangelheart.com

530-755-4767

Cindy Holt, Holt Holistic Healing

Medical Intuitive, Emotional Release Healing, Energy Healing

Website: www.holtholistichealing.com

928-273-8576