



## Heart Chakra:

The heart Chakra is our 'centre of love' to express sympathy, to communicate on emotional levels.

Rose oil is called the "Master-Oil" because it is to clear up the heart. It leads us to live on an emotional level, not a mental level. It balances emotions with the body and with our "collection of memories". Rose oil is to forgive, to be able to forget. It gives the power to 'start again'.

Rose oil opens our heart and our feelings, but it protects and gives security. It makes us safe and understanding of what is going on around us and free to do what we really want.

It is very important to be open hearted but 'to be in our own hand'. To be too much open hearted is not our problem, we have a problem when we leave the control in someone else's mind or hand. When we are balanced we are safe and secure. When we are not balanced, either we are punishing ourself or we are punished by other people.

Rose-oil stops nervousness because it is 'food' for the nervous system in the body. A strong relaxant, anti-inflammatory and reduces scarring.

It has been used for the skin for thousands of years.

The Arab physician, Avicenna, was first responsible for distilling rose oil!

Crystal: rose quartz