

# Rhodonite

The Rhodonite crystal meaning comes from the word rhodon, which means 'rose' in Greek. Like a field of flowers in full bloom and the color of sunsets, pink symbolizes unconditional love and the Rhodonite radiates at the highest level with its striking hue mixed with dark swirls.

The Rhodonite crystal stone meaning is cherished in the gemstone world for its stunning appearance that resembles pink marble. Its intense shade of pink contains shadowy inclusions of manganese oxide, giving it synergistic properties that combine the heart energizing power of the pink color ray with the grounding and centering effects of earth elements.

Rhodonite is a stone of compassion, an emotional balancer that clears away emotional wounds and scars from the past, and that nurtures love. It stimulates, clears and activates the heart. Rhodonite grounds energy, balances yin-yang, and aids in achieving one's highest potential. It heals emotional shock and panic.

Known for its powerful vibrations of pure love, the Rhodonite crystal healing properties are an excellent remedy for calming frayed nerves. The Xanax of crystal healing, the Rhodonite replaces anxiety, fear, and anger with warm and fuzzy emotions like self-worth, wellbeing, and stability, all the characteristics that make you feel like the real you.

A powerful healing stone for relationships, the Rhodonite crystal encourages clear communication, the lifeline for a strong and healthy union.

## **RHODONITE And physical health**

*From: [healingwithcrystals.net](http://healingwithcrystals.net)*

Rhodonite relieves insect bites, heals wounds and most important of all it will help reduce the scarring that can result. It will help with bone growth and the hearing organs. Rhodonite treats emphysema, inflammation of joints, arthritis, autoimmune diseases, stomach ulcers and multiple sclerosis. Crystal water can be used in cases of shock and trauma.

Rhodonite strengthens the tissues, organs and glands. It supports the flow of chi through the meridians of the body and helps direct that vital force to the endocrine system, which in turn supports your energy and vitality. It is particularly effective in supporting the liver through the detoxification process. It can be helpful in stimulating the metabolism and in supporting your expression of energy through exercise or physical activity.

Rhodonite is an excellent support for weight loss, detoxification and purification of the body. Though not a purifier in itself, it stimulates and strengthens the organs and glands, allowing them to purify the body more effectively. It is good for ridding the body of gallstones or kidney stones and can support the healing of the liver from disease or damage.

Rhodonite is a good stone to assist you in healing and balancing your physical body. When you are going through physical healing, emotional balancing, financial establishment or grief recovery, this stone reminds you that it is important to take the time to recover after you've been through the wringer. Recovery time is necessary to restore your balance so it doesn't result in future disease or imbalances.

# Clove Essential Oil

Here are 14 amazing benefits of clove:

from: [food.ndtv.com](http://food.ndtv.com)

## 1. Good for your teeth

If you have ever paid attention to the label of your toothpaste, you would have found clove as one of its ingredients. Due to its strong germicidal properties and a compound called Eugenol, clove oil fights dental pain, toothaches, sore gums and mouth ulcers very effectively. Due to its strong aromatic properties, gargling with clove oil and warm water can help you fight bad breath. Just add four drops of clove oil in a glass of lukewarm water and gargle at least twice a day for effective results.

## 2. Stronger immunity

Clove oil can work wonders in boosting your immunity. The antioxidant property present in the oil acts as a scavenger against the free radicals that can cause various diseases like cancer and heart ailments.

The dried flower bud of clove contains compounds that help in improving the immune system by increasing the white blood cell count, thereby, improving delayed-type hypersensitivity.

## 3. Fights infections

Blessed with a multitude of antiseptic properties, clove oil can be used to treat cuts, wounds, fungal infections, insect bites and even stings. However, direct application of clove oil may prove harmful. If the wound is too sore, it is advisable to dilute clove oil by adding almond or coconut oil. These carrier oils will prevent your sensitive skin from burns that can be caused by direct application of clove oil.

## 4. Fights sore throat, cough and cold

For its high anti-inflammatory properties, clove oil can come handy during times of sore throat, cough, cold and sinusitis. Consuming the excellent expectorant clove oil can not only clear the nasal passage and give you respite from respiratory problems but it also has a cooling effect on nasal cavity and throat.

## 5. Eases headaches

Down with a chronic headache? Head to the kitchen, mix four drops of clove oil with salt and apply it on your forehead for instant relief. The flavonoids in clove oil have anti-inflammatory agents, these anti-inflammatory properties will help ease the inflammation and also have a cooling effect. Clove oil can be used to reduce as an excellent pain reliever for muscle pain and joints.

## 6. Good for your skin

Clove oil is found in soaps, lotions and even in perfumes. And why not? The essential oil has such wonderful qualities. Clove oil contains a compound called eugenol which is known for its antibacterial properties. It can prove effective in curing acne, reduce swelling and kill infectious bacteria at the same time. Just mix 2 to 3 drops of pure clove oil with your skin cream and apply gently. Clove oil can help fight signs of anti-ageing too, just dab few drops of clove oil on to a piece of cotton and apply it on to your face at least twice a day. You would see a marked change as far as wrinkles, and sagging skin is concerned. Clove oil's stimulating properties exfoliate dead skin, and increase blood flow which helps revive the youthfulness of your skin.

## **7. Treats indigestion**

Clove oil is one of the oldest remedies to fight indigestion and stomach related problems. The eugenol in both clove and clove oil proves effective for treating gastric problems like indigestion and flatulence. It can also come in handy for treating hiccups and motion sickness.

## **8. For beautiful hair**

This liquid wonder can also give you beautiful locks. Applying clove oil on your scalp boosts blood circulation which reduces hair fall and also promotes hair growth. It also lends the much needed shine to dry and dull hair. A small amount of clove oil mixed with olive oil can also work as a great conditioner. For best results, apply the mix on damp hair, and wrap a warm towel around it. Let it stay for twenty minutes and rinse with cold water.

## **9. Can help treat nausea**

Clove oil can come in very handy for pregnant women as it can reduce the effect of nausea and morning sickness to a great extent. Owing to its strong smell, clove oil can also be used as part of aroma therapy. Apply it on to your pillows at night and sleep peacefully.

## **10. Cures ear aches**

Clove oil is an effective remedy for nasty ear-aches. Take a warm mixture of 2 teaspoons of sesame oil and 3-4 drops of pure clove oil and slowly apply this mixture inside your ears. Leave it for sometime. The mixture will ease the pain and you will feel relaxed.

## **11. Eases stress**

Battling some sort of stress at work or home? Let a soothing clove oil massage ease you out. Due to its stimulating properties, clove oil helps to reduce fatigue, mental exhaustion, anxiety and stress. Other than this, it is recommended to have a regular practice of yoga, better still, daily meditation helps a lot.

## **12. Eliminates toxins from blood**

Clove oil can act as a blood purifier and also boost blood circulation. It helps eliminate toxins from the blood. Aroma extracts can reduce toxin levels in your blood and rouse the antioxidant levels in the body which will further purify platelets and boost the workings of the immune system.

## **13. Useful for diabetics**

Clove oil also helps in maintaining the insulin levels. Diabetes tends to weaken the immune system by destroying pancreatic cells that make insulin, leaving the body without enough insulin to function normally. The postprandial insulin and glucose response mechanisms tend to be more regulated when you consume clove oil.

## **14. Can be used as an insect repellent**

Clove oil works as an excellent bug or insect repellent. It is a common component in many insect repellents that you find in markets. Traditionally, a few drops of clove oil was scattered around the room and the sleeping area to keep the mosquitoes away.

## **Affirmations of Love**

I am open and ready to give and receive love.

I deserve a profoundly nurturing and fulfilling passion.

I am worthy of love.

I love myself.

I accept myself how I am and cultivate self-love.

I trust that love will find me.

True love starts within.

My heart offers love to all beings everywhere.

I am attracting a real connection.

I am loved and cherished by friends, family, and loved ones.

I am manifesting a healthy, loving relationship.

I have an infinite supply of love to give and receive.

I am radiating love.

I am inviting abundant love into my life.

Wherever I go, I find love.

I am the essence of Divine Love.

Connected to Universal Energy, love comes through me and spreads to the world.

The love I am seeking is seeking me.

I am attracting deep, earth-shattering, soul-shaking love.

I trust my heart to guide me to true love.

I release all past hurt and am ready to be vulnerable in love again.

I choose love over fear.

Love is a white light that fills me with its healing powers.

I am attracting a kind, gentle, loving partner.

I offer acceptance, support, and love for my friends and family.

I forgive any wrongs done to me by my family members and offer love and healing to my entire lineage.

My inner self is healthy, my heart is faithful, and my love is unconditional.

I feel loved fully for who I am.

I have much love inside of me to share with others.

Other people treasure my love.

I am ready to meet my soulmate.

Each day is an opportunity for love to grow.

The door to lasting love is open to me.

The Universe is love.

The love I seek from others needs to be cultivated within me first.

My love is beautiful, intense, and passionate.

Even if I am hurt, offering love and compassion is always the right thing to do.

My relationships are positive and offer the highest good to all of those affected by them.

I don't need to do anything to deserve love.

My soul is nurtured by the abundance of love in my life.

I believe in love.

I am ready for love to change my life.

I am genuinely open, vulnerable, and trusting with my loved ones.

My love is a precious gift that I have the power to choose when, how, and to whom to give.