

A close-up photograph of numerous pink tourmaline crystals. The crystals vary in size and shape, with some showing sharp, prismatic faces and others being more rounded or fractured. The colors range from pale pink to deep magenta. The background is a soft, out-of-focus mix of these colors.

*Crystal of the month*  
*~ October ~*

*Pink  
Tourmaline*

**Keywords:**

Emotional healing | Compassion | Self-love  
Calm | Balance | Joy | Comfort

# History

Pink Tourmaline, a captivating gemstone known for its soft, loving energy, has been cherished throughout history for both its beauty and its spiritual significance. Its name comes from the Sinhalese word 'toramalli', meaning "stone of mixed colours," though Pink Tourmaline is distinguished by its rich pink and red hues.

In ancient Egypt, it was believed that Pink Tourmaline gained its colour as it passed through a rainbow on its way up from the Earth's core. This vibrant stone has long been associated with love, compassion, and emotional healing. Throughout history, it has been used to promote peace and balance, making it a popular stone in jewellery and protective amulets.



# Identification

Pink Tourmaline is a form of crystalline boron silicate, part of the larger Tourmaline family. Its colour ranges from pale pink to deep red, depending on the presence of manganese during its formation.

With a Mohs hardness of 7–7.5, Pink Tourmaline is a durable gemstone that's perfect for jewellery. It often exhibits pleochroism, where the gemstone appears to change shades of pink when viewed from different angles. This stone's unique blend of colour and structure makes it a favourite among both collectors and healers.



# Properties

Pink Tourmaline is renowned for its heart-centred energy, offering healing and emotional balance. Its nurturing vibrations make it a powerful ally for those seeking emotional healing, love, and compassion.

Promotes:

- Emotional healing and balance
- Unconditional love
- Self-compassion and empathy
- Calmness and peace

Facilitates:

- Healing of past emotional wounds
- Opening of the heart chakra
- Enhancing feelings of joy and comfort
- Alleviation of stress and anxiety
- Fostering loving relationships





# Healing

Pink Tourmaline is widely regarded for its ability to heal emotional wounds and foster deep, heart-centred connections. It is often used to release feelings of anger, grief, and resentment, helping to open the heart to love and compassion.

Physically, Pink Tourmaline is believed to support the heart and circulatory system, easing symptoms related to stress and anxiety. Emotionally, it helps to dissolve negative feelings, promoting calm and inner peace. It is particularly effective for those looking to heal past emotional traumas or enhance self-love and compassion.



# Healing

## How to use Pink Tourmaline for healing

- Heart chakra activation: Place Pink Tourmaline over your heart chakra to open and heal emotional wounds, encouraging self-love and compassion.
- Emotional release: Carry Pink Tourmaline with you during times of emotional stress or difficulty. Its soothing energy helps to ease feelings of anxiety, fear, or sadness, allowing you to release pent-up emotions.
- Love and relationships: Keep Pink Tourmaline in your living space or bedroom to attract love and deepen emotional connections in relationships. Its energy fosters harmony, joy, and mutual understanding.
- Stress relief: Hold a piece of Pink Tourmaline during meditation or when feeling overwhelmed. Its gentle energy works to calm the mind and ease tension, bringing a sense of peace and balance.



# Meditation

Find a quiet space and hold a piece of Pink Tourmaline over your heart. Close your eyes and take three deep breaths, releasing any tension as you exhale.

Visualise a soft, pink light radiating from the Tourmaline, enveloping your heart with warmth and love. Imagine this pink energy expanding, filling your body with feelings of comfort and peace.

With each breath, allow the pink light to grow stronger, releasing any emotional pain or fear. Silently affirm, “I am worthy of love and compassion.”

Stay in this loving, healing energy for as long as you need, allowing the Pink Tourmaline to soothe and uplift you. When you feel ready, gently open your eyes, carrying this sense of love and serenity with you.



# Crystal Grid

**Focus stone:** Pink Tourmaline

**Surrounding stones:** Rose Quartz and Lepidolite

**Intention stone:** Kunzite

**Pink Tourmaline:** Place this at the centre of your Seed of Life grid to amplify its heart-healing and nurturing energy. Pink Tourmaline's soothing vibrations anchor the grid, promoting emotional healing and love.

**Rose Quartz:** Known as the stone of unconditional love, Rose Quartz complements Pink Tourmaline by enhancing compassion, harmony, and deep emotional healing. Position it around the grid to create a calming and loving energy field.

**Lepidolite** is a calming stone that brings emotional balance and stress relief, making it an ideal complement to Pink Tourmaline. Its soothing energy helps ease anxiety and promotes a deep sense of inner peace, enhancing the grid's focus on emotional healing and stability.

**Kunzite:** As the intention stone, Kunzite strengthens the connection between the heart and the mind. Its energy promotes deep emotional healing and self-love, aligning with the grid's focus on compassion and joy.





# Crystal Grid

Additional stones to consider:

Incorporate **Moonstone** to enhance emotional intuition and balance, while **Amethyst** adds a layer of spiritual protection and calm.

**Green Aventurine** promotes heart-centred healing and emotional renewal, perfectly complementing Pink Tourmaline's loving energy.

For further support in emotional release, **Selenite** brings a gentle cleansing energy to clear away any residual negativity.

Fill in any gaps with any crystals that you feel intuitively drawn to.

Placing these stones within your Seed of Life grid can significantly enhance and balance the energies, amplifying the grid's overall healing power.



# *Crystal Grid*



*Much love*  
*Jane x*