

Crystals and Color

Color is as important in crystals as the energy they produce. Whether they're lying in little bowls on a table, set behind glass cases or peer from stunning photos on the internet, crystals call to you like little sirens. Perhaps it's the vitality of red stones, the grounding energy of black, the soothing of blue or the energizing yellows. They carry with them a variety of metaphysical properties that have been widely used for thousands of years. Gemstones possess either receptive or projective energies. Receptive stones are magnetic, soothing; promoting love, calm and peace. They can be used for meditation, de-stressing and promote wisdom, love, sleep, friendship, prosperity, fertility and growth. Projective stones are energizing; used for healing, luck, success, courage and self-confidence.

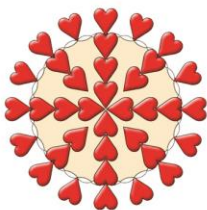
Red, Orange & Yellow (Projective) - **Red** crystals, such as [Red Tiger's Eye](#), [Ruby](#), [Red Jasper](#), and [Garnet](#) provide courage, vitality, will-power, passion and protection. Physically, red stones help boost the immune system, aide in blood circulation and help with problems associated with the reproductive organs. They are associated with the Root Chakra. **Orange** stones relate to personal power and are excellent for those with low self-esteem. They promote joy and confidence. Orange crystals, such as [Carnelian](#), [Sunstone](#), or [Orange Calcite](#) are helpful with kidney or bladder problems, exhaustion, food allergies and eating disorders. They are associated with the Sacral Chakra. **Yellow** stones, like [Citrine](#), [Yellow Tiger's Eye](#), and [Yellow Calcite](#) are attributed to communication, concentration and self-expression as well as skin problems and digestive system disorders. They offer a "sunny" outlook and can increase prosperity. Use these stones on the Solar Plexus Chakra.

Green, Blue & Purple (Receptive) - **Green** stones are useful for healing, bringing luck or money and working with nature. Physically, green crystals keep the heart and respiratory system functioning properly as well as the immune system. They also help calm those that may suffer from anxiety, panic attacks and addictions. Green crystals are often associated with the Heart Chakra. Examples are [Malachite](#), [Green Aventurine](#), and [Peridot](#). **Blue** stones promote peace and restful sleep. They are also used for healing, especially for reducing pain, inflammation, fevers and headaches. Blue crystals are good for increasing communication skills, intuition, helping with legal matters and long-distance travel. Examples are [Lapis Lazuli](#), [Blue Lace Agate](#), [Sodalite](#). They are associated with the Throat or Third Eye Chakras. **Purple** gemstones, such as [Amethyst](#), [Lepidolite](#), and [Sugilite](#) promote harmony, aid in meditation and reduce stress. They increase psychic awareness and inner wisdom. Physically, purple stones are great for relieving migraines, sleep disorders, asthma/allergy symptoms and problems from ear, nose and throat ailments. Purple crystals are often linked to the Brow Chakra.

White and Black (Receptive) - **White** is used for safe travel, psychic abilities, intuition, and inspiration. Physically, white crystals help with bones and teeth and heal both the physical and spiritual body. [Moonstone](#), [Quartz Crystal](#), [Selenite](#) are good examples. They are associated with the Crown, Brow or Sacral Chakras. **Black** crystals, such as [Onyx](#), [Obsidian](#) and [Jet](#), are used in removing negativity, grounding and protection. They help us move away from destructive influences. Physically, black stones help with overstressed nerves, shock and trauma, as well as alleviating spinal problems. They are associated with the Root Chakra.

Rainbow Colors - Gemstones that are multi-colored, such as [Tourmaline](#) and Opal, are multi-purpose stones and carry the metaphysical properties associated with the colors that they possess.

-Sonia Acone



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506 Shaw Rd, Unit #326, Sterling, VA 20166 • 703-828-4325