

do not dream as it is a dream inducer and is used as a general tonic. Agate is good for body calming, mind and spirit and good for healing in general. Bloodstone keeps the chakras balanced and builds self confidence, improves liver function and psychosomatic pain. Moving to food, red peppers and tomatoes are good for fighting damage from free radicals which can trigger diseases such as cancer. Tomatoes have proven to be a good antioxidant.

### Orange:

Its energy is quieter than red. The energy center is ruled by the moon which is associated with water and affects the movement of fluids in the body. It deals with the way we digest food as the chakra is located just below the navel. Orange is our physical intuition "our gut feeling" an inner awareness that comes unexpectedly to our aid. Using orange enabled us to create a balance between our mind and body. If applied in color therapy it is useful in kidney stones and gallbladder problems as well as muscle spasms and cramp. Orange also increases immunity and helps in all digestive ailments. It also enhanced feelings of joy and happiness that is why it may help in depression. Some of the crystals which can be used are orange calcite which improves awareness and self confidence and increases vitality. Also Hematite relieves stress particularly during air travel as well as improving energy levels and heart functions. Topaz improves blood circulation and helps calm the body.

### Yellow:

Yellow is the color of learning and intuition as it is like the sun, bringing flashes of inspiration and wisdom. Yellow is used as a stimulator. It is good to promote courage, strengthens

the nerves and improves mental ability. In the negative aspect it represents meanness, deceit and cowardice. Yellow is related to the solar plexus chakra located almost in the middle of your stomach just below the diaphragm. Energy is said to be distributed from solar plexus to all other chakras. The chakra affects the endocrine gland of the pancreas. This chakra links to creativity, wellbeing and abundance. Solar plexus is our inner personal sun, it is the center of self worth. When there is an imbalance within that chakra you begin to have issues with the self worth and self esteem. It is also related to stress or angry, when you are too stressed it tends to "remain" within that chakra and hence may affect your appetite (stomach), gallbladder, spleen or liver. Yellow is useful to visualize when you want to get rid of any form of waste, as it is an eliminator and it purges the toxic waste. Eliminating is a natural way of letting go of what you don't need anymore; on the contrary holding on too long will only have its negative effects on all levels of the body which start from constipation until depression. In ancient China patients with colon diseases would be covered with yellow paint and surrounded by yellow light to drive out the cramps, in Chinese medicine, yellow represents earth! Yellow promotes the flow of the gastric juices which help in the digestion process. Eating yellow foods are good for the well functioning of the bladder since it is concerned with elimination. Having an orange, grapefruit or water with lemon first thing in the morning, it will help to flush out any waste material still stuck in the colon.

**Some stones which can be used:** Beryl: helps heart conditions, good for mouth and throat infections.

**Citrine:** induces dreams, beneficial for stomach problems.

**Jasper:** blood cleanser, helps digestive function, good for troubled mind.

**Yellow jade:** aids digestion and increases intuition.

**Amber:** enhances bladder function, good for intestinal disorders, helpful for sore throats.

**Mimetite:** enhances communication skills.

### Green:

Green is made from yellow and blue. It balances our negative and positive energies and soothes the mind, body and spirit. Green is the color of the heart chakra which symbolizes unconditional love. This chakra covers the chest area, shoulders and lower lungs, imbalances can lead to chest pains and heartache as well as jealousy and envy. When there is a need for intense concentration on a mental task, green color reduces distraction. The use of green color imagery enhances meditation and healing. Green is also linked to the thymus gland which is initially important for the immune system. A further benefit of green is its antiseptic qualities and therefore it is useful in cases of infection. Some therapists apply green light to destroy developing cell structure, such as in the case of cancer but green light should NEVER be used on a pregnant woman. Green foods contain plenty of chlorophyll which is proven effective to offset the radiation effects, fight bacteria, detoxify the blood and speed the healing of wounds. Dark green vegetables such as broccoli, spinach and cabbage are good for neutralizing carcinogens. They also contain lost of folic acid which is good for anyone planning to get pregnant s folic acid is essential for healthy fetus development. Nowadays, the power of green