

is being used for people in recovery. Interacting with nature helps renew the sense of hope and coherence. There is now what is known as "Sick building syndrome" is not only limited to our offices but our homes also carry potentially damaging pollutants. To get rid of these wastes harmful effects, plants are the solution. Certain houseplants act as a natural indoor air filters. Some of the effective plants are: Chinese evergreen, mother in law's tongue, philodendron, and ferns.

Some of the healing crystals are:

- Chrysoprase:** eases sorrow, beneficial for the ovaries, improves thyroid function and increases optimism.
- Emeralds:** it is the gemstone of prophecy, helps with insomnia, develop the intellect.
- Jade:** helps with the eyes and vision, improves bladder problems and kidney function.
- Peridot:** restores emotional balance, good for vision, helpful for insomnia, good tonic.
- Aventurine:** helps with hypertension, migraines and insomnia, increased vitality.

Blue:

Blue signifies wisdom, divine, eternity, and clear thinking. The Egyptians used blue to represent truth and later generations blue became the color of Aquarian age and Aquarians are called "seekers of the truth". To prevent being cursed by the "evil eye" our ancestors would wear a round blue discs painted with an eye or a necklace with a piece of blue/ turquoise. Blue is related to the throat chakra, symbolized by a blue lotus with 16 petals which act as a channel between the heart and the mind.

Problems such as hoarseness (loss of voice) and sore throats are common when the chakra is blocked, even cough some-

times is. It is easy to remember the last time you got angry and you did not react or express your anger. Do you feel a lump in your throat when you try to hold back your tears? Do you get a stiff neck when you repress anger? Did you ever lose your voice when you no longer want to communicate? Blue is known for its cooling effects on the body. Hospital walls are often painted in blue for their calming effects on the patients especially those who are overanxious and hyper-active. Blue is related to communication and hence any problems within the area of throat, upper lungs, arms and base of skull may indicate a chakra imbalance. You can use blue in a variety of ways to create the balance, the simplest way will be through a scarf or a blue necklace or stone around your neck. Another way will be through blue light which a color practitioner can apply during a session.

Some of the stones which can be used are:

- Aquamarine:** good for the eyes, vision and clarity.
- Blue topaz:** encourages artistic growth, calms the body and mind, aids in meditation and concentration.
- Blue tourmaline:** helps release blocked emotions, eases communication and is good for the throat.
- Sapphire:** promotes faith, friendship and love, aids peace of mind, reduces nervousness
- Turquoise:** provide protection, increases confidence, good to throat problems such as laryngitis.

It is interesting to know that for people who want to lose weight, they might try eating on a blue plate as this is used as a suppressant for the appetite while light blue is used for food storage areas.

Indigo:

It is the color of the brow chakra, third eye chakra as often referred to. It governs the pituitary gland, which the mater gland of the endocrine system as it controls along with the hypothalamus all other glands in some way. This color allows you to develop spiritual and emotional growth. People with a well balanced and "open" chakra tend to be very intuitive and very creative and tend to be clairvoyants.

Violet:

It is connected with the crown chakra which connects you to God, it is the most spiritual energy center found so far. The more you pray, meditate or do yoga, this chakra becomes more open and more balanced. The ancient Egyptians carried a purple amulet to ward off diversity. When spiritual energy is repressed there is an increased likelihood of stress related conditions and emotional disturbances. Too much purple can be un grounding, yet, in moderation, it will be useful to calm erratic emotions as it combines the stimulating effect of red and the calming effects on blue.

Crystals which can be used:

- Amethyst:** brings spiritual uplifting, helps to develop intuitive awareness, eases stress and helps with insomnia.
 - Holley blue/purple:** helps you to focus on your purpose of life.
 - Rose quartz:** promotes emotional balance and healing.
- Violet and purple foods will help you improve your self esteem, such as; aubergine, plums, grapes and fresh figs.

At the end, feel the beauty of color, untie with it and let your light shine from within...

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