



# Enhancing Your Health with Color Ray Gemstones

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I was introduced to the healing properties of gemstones in the late 1980's when I was gifted with the most extraordinary experiences—inner conversations with the spiritual guardians of the gemstones. They taught me that the sphere-form of crystals was superior for healing because of the way it radiates the gems' energies in all directions. Moreover, gemstone spheres can be therapeutic when worn as necklaces—the easiest way to enjoy their benefits—or in more sophisticated protocols that involve aura applications and making custom gemstone mandalas.

After learning the basics of Gemstone Therapy, I was introduced to the concept of color-ray-bearing gemstones. The mission of these gems is to be the vehicle for color to nourish the Earth and when worn in necklaces - to bring this nourishing color to the body. Color rays are more than the light they express and equally important are the sound frequencies associated with these colors. Light and sound are fundamental building blocks of creation—including your body. When the body is color-rich, it experiences health and wellness. Color depletion makes a person susceptible to stress, defenselessness, weakness and disharmony.

Fascinated with the concept, I explored further and learned that of all seven colors in the spectrum, one main color ray connects each person to his/her highest Self. If a person wears a gemstone that delivers

this specific color, it becomes a constant source of nourishment and support.

Is this main color ray something with which we are each born—like an astrological sign? Is it related to your favorite color? Does it ever change?

I researched more. I learned that an incarnating Soul has the choice of seven possible doorways to pass through into the worlds of materialism, with each door representing a color on the spectrum. Seven colors, all delivering different experiences and gifts. The color Soul chooses will shape its experiences in this lifetime.

I sensed that I was drawn to the indigo color ray. Its properties fit my mission in this lifetime—to delve deeply into the mysteries of life, to grow my intuition. I began wearing the indigo gemstone (a translucent, gem-like form of sodalite), and noticed how its color ray fed me on all levels, drawing me into a higher state of consciousness—important whenever I was solving a problem, resolving conflict, accessing greater creativity or trying to do something better today than I did yesterday.

Since I am also a scientist in the study of gemstones, I tested this choice. When a certain point on my body was presented with all seven color-ray gemstones, the





only gemstone to which my body was attracted was indigo. It was definitely my main color ray, for life. So I thought.

Fifteen years later my life completely changed. I suffered heart failure and in February 2005, I received a heart transplant.

After the heart transplant, I knew that something had shifted. I was now drawn to the purple color ray, which is found in the amethyst gemstone. It was as if my main color ray had changed as soon as my physical heart changed.

gemstones to my body and learned that my main color ray had returned to indigo. Wearing the indigo gemstone felt like a homecoming.

My heart transplant allowed me to see a miraculous aspect of the main color rays. I learned they step aside to allow another color to come forward in times of great need.

Every color offers a journey. Follow any one and you will learn more about life and yourself, from the unique perspective of that color.

*We need all colors to address the multitude of situations that appear in our lives every day.*

This puzzled me and contradicted the information I had obtained all those years ago. I wondered if my heart donor's main color ray had been purple. Perhaps my original understanding—that a Soul passes through a specific color ray "door" on incarnation—was not complete.

I watched and waited, using the amethyst to heal. It worked so well, I knew it was right for me. For two years post-transplant, I went through a great deal of post-traumatic stress – unable to drive or leave the house without a panic attack or the fear of having one. A heart transplant is indeed a traumatic experience and my bodies (physical, emotional, mental) needed special help to recover. Amethyst soothed my nerves. Finding that I craved the purple color, which vitalizes and feeds the nervous system, wearing amethyst each day helped settle them.

A few years later, when I could finally drive on my own, I began to notice that I was less inclined to wear my amethyst gemstones. I no longer needed so much purple ray, because it had served its purpose and helped me heal. I retested my main color ray by presenting each of the seven color-ray-bearing

My understanding of the incarnating Soul matured. Soul always lives in the spiritual worlds. In its human experience, it places attention on the worlds of manifestation and extracts life lessons. I used to believe that Soul stepped through a door that corresponded to a color ray. Now I realize that Soul looks through a window at its human experience. When a person has wrung enough lessons viewing life through a certain color window, it may turn its attention to a different one. Unlike our astrological chart, our main color ray can change.

I find working with the main color rays to be extremely valuable for people. A main color ray can help you connect with your innermost self. It becomes your best ally to find peace and contentment, centeredness and a heart connection.

Some practitioners use visualization to bring in a main color ray. This works, but I have found that wearing a gemstone that carries the color is even more effortless. It gives you color nourishment throughout your day, even when you are not consciously attentive to that color.



Another benefit of wearing a main ray gemstone is that it calls in all the colors of the spectrum. This effect can be verified with a gemstone color ray test.

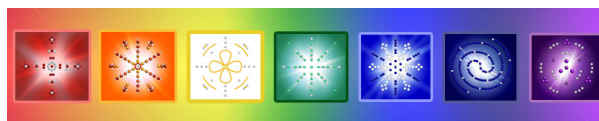
We need all colors to address the multitude of situations that appear in our lives every day. When I wear my indigo gemstone necklace, I know it will help me achieve my personal best, enhance the flow of creativity in my life and support me through the challenges I encounter.

## Creative Visualization for Working with Your Main Color Ray

Start with a favorite color, as that is often a person's main color ray. Visualize a door painted in that color. Imagine walking through that door into a world filled with that color. Does someone greet you? What does the landscape look like? How does it feel to breathe in that color?

Take the path that lies before you. It leads to a cascade of water imbued with that color. Do you stand under the waterfall, swim in the pool beneath it or merely test the waters with your toe? If you find yourself standing under the waterfall, it can mean you have been depleted in that color and sorely need it. Drink in as much as you can. If you decide to swim in the pool of color, it means that working with this color will help enrich your life and bring more joy. If dipping a toe into that color is all that feels comfortable, it means you do not need much of that color at this time, so try the exercise with a different one.

When you find a color that delights you, explore it further by finding its exact hue. For example, is your green more blue-green or yellow-green? Is it light green or dark? Also look for the sound of your color. To nourish yourself with it fully, imagine this precise color and listen to its sound while thinking of something you love. This will open your heart to the color which is a sure way to receive its healing benefits.



## Main Color Ray Gemstones

### Red (Ruby)

Red color ray teaches you to be strong and capable, inwardly and outwardly, and humble at the same time. Wear ruby to support forward momentum, overcome procrastination, replenish inner reserves, and strengthen the heart spirit. Physical exercise requires abundant red ray, as does practicing self-discipline and self-control. Red nourishes the first or root chakra, muscles and the heart.

### Orange (Carnelian)

Orange color ray teaches you about vitality and the joy of being alive, the patience required when vitality moves out of reach and the gratitude that comes when it returns. Wear carnelian to encourage healthy relationships with people, places, things and also within your body (among your cells and organs). Enjoying happy times with your friends and family is an experience rich with orange. Orange nourishes the second or sacral chakra, connective tissues and the endocrine glands.

### Yellow (Yellow Sapphire)

Yellow color ray teaches you how to be the captain of your own life, lead others and when following, what qualities of leadership you admire most. Yellow Sapphire helps nurture self-esteem, self-identity and self-empowerment. Bringing something new to manifestation, making transitions, leaving situations gracefully and letting go of something you no longer need are experiences rich with the yellow ray. Yellow nourishes the third or stomach chakra, the digestive system and eliminatory organs.

### Green (Emerald)

The green color ray teaches you to experience the abundance of life, gather every detail and learn to relax when life seems to provide little or nothing that you want or need. Emerald enhances your ability to



exercise your individuality and stand up for yourself and your beliefs. Realizing your specialness in the universe and respecting the individuality of others is an experience rich with green. It will help you learn how to avoid disharmony in your life, and if found, to correct its cause. Green nourishes the fourth or heart chakra, as well as, the visceral organs.

### **Blue (Blue Sapphire)**

Blue color ray helps you learn how to think clearly and to use the many facets of the mind, whether analytical or creative. Working with a well-integrated and balanced mind is an experience rich with the color blue. Blue Sapphire also supports clear and appropriate communication, including verbal, written and telepathic. It helps you identify and let go of negative thoughts and improves your sense of order. This color nourishes the throat or fifth chakra, sensory organs, vessel walls and nerve sheaths.

### **Indigo (Indigo)**

The indigo color ray supports you to enhance your intuition, improve dream recall and recognize inner knowing. Choose the indigo ray when you want to study the mysteries of life and learn what it means to let go of the mind and trust your inner knowing in every circumstance. Sensing the rightness of things is an experience that is rich with the indigo color. Indigo also encourages introspection, contemplation and the ability to envision your life. It vitalizes the sixth or brow chakra, bones and teeth.

### **Purple (Amethyst)**

Purple color ray helps you identify your purpose in life, set priorities and see the positive in all challenges. Amethyst helps you view life from a spiritual perspective and inspires spiritual unfolding. Finding the rightness in a situation and seeing the deeper message within it is a skill rich in purple. Purple nourishes the nervous system plus the seventh or crown chakra, which brings uplifting, life-giving and transformative heaven-energy into your body.



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