

# Inspire Your Life with Color



by Barry David

The rainbows one sees in crystals are thought to be able to manifest some of the purest energies on Earth and take the user to higher realms. Some believe that crystals exhibit the closest manifestation of pure white light that can be experienced on the physical plane. Our most important energy

source is light and the entire spectrum of colors is derived from light. Sunlight, which contains all the wavelengths, consists of the entire electromagnetic spectrum that we depend on to exist on this planet.

Color is pure energy. Each color of the rainbow has a different frequency and power that reaches us through light rays. Light is the only energy we can see and we see it in the form of color. White is composed of all colors and is a symbol of the material form that is aligned with cosmic force. Light stimulates our body's endocrine system, which is connected to our energy centers (chakras). All organs, body systems and functions are connected to these energy centers. Light consists of the seven color energies: red, orange, yellow, green, blue, indigo and violet. Light flows through our eyes and triggers hormone production, which influences our entire complex biochemical system. This biochemical system then affects our well being.

The word Chakra is Sanskrit for "wheel of light." There are seven major wheels of light in the body. When they are balanced and in alignment, the body is in a state of wellness. When there is an imbalance there is dis-ease. We know that each color found in the visible light spectrum has its own wavelength and its own frequency, which produces a specific energy and has a nutritive effect. We know some rays can be dangerous if we are exposed to them. But, the visible light, the rainbow, has a soothing effect on us.

An excerpt from, "Crystal Personalities" by Patricia Troyer:

*"Rainbow Crystals remind you to see the natural beauty in all that is around you every moment and that when you remember to tune into nature, your life automatically becomes calmer, more rewarding and better balanced. Rainbows remind you to*

*lighten up, that your life is supposed to be fun, to not take things so seriously and that being slightly out of alignment with your surroundings is not always a bad thing. Without this temporary imbalance you might miss your own rainbows.*

*Rainbow Crystals are natural promoters of happiness, hope, optimism, peace, courage, creativity and respect for all life. These crystals are especially good for anyone who tends to spend too much time inside themselves. Remember that only light can cause a rainbow, and light has a hard time entering anything that is too tightly closed. Rainbows cannot appear in total darkness, no matter what they do.*

*Rainbow Crystals are master depression fighters and encourage shy people to peek out and join the rest of the world. These are great emotional healers, making them one of the best Rescue Stones around."*

Color is visual. It is everywhere and it bombards our senses. It evokes memories, senses, feelings, sounds, tastes and impressions. It stimulates

our mind, body and spirit. The colors of the rainbow incorporate all the seven colors of the spectrum. When we see the glorious array of many different colors, in flowers especially, and the blue of the sky and seas, the green of the leaves and grass, the red, orange and gold of sunrises and sunsets, it lifts us. Our clothes and interior designs are always changing color depending on mood, feelings, fashion, etc.

The use of crystals for healing is not just a New Age practice. It has been used as a diagnostic tool, for healing emotionally, physically, spiritually and technologically to produce light and to counter various negative effects in the material and spirit world since the beginning of mankind. An ancient system using specific color rays to treat the body and mind, color

therapy is based on the notion that organs and systems vibrate at certain frequencies. By applying a particular color ray on an area, the correct vibration can restore health.

Color therapy explores the deeper meanings of color and helps with some practical tools to understand ourselves better, let go

of the past, build confidence and heal ourselves. Quite simply color re-establishes confidence and will power. It strengthens our minds and bodies' inner resolve. It opens us to spontaneity, love, laughter, joy and happiness. Color releases the past, negative feelings of fear, resentment, frustration, anger, guilt and depression. It stimulates us into taking back our power and wisdom. Color clears our minds and helps us gain greater insight and intuition to make right decisions.

Vibrational medicine is a term used to describe remedies that draw on the chi energies within living organisms. These remedies include Herbal Therapy, Flower and Gem Essence Therapy and Aromatherapy. Crystal Healing and Color Therapy are also energy modalities of vibrational medicine. Color therapy may appear to be unusual but it is a form of visible light, of electromagnetic energy. All the primary colors reflected in the rainbow carry their own unique healing properties. Color therapy works well in conjunction with and crystal therapy and other sense based therapies such as aromatherapy. It is the art of using the energies of light and color to harmonize the body, mind and soul. Colors affect moods, emotions and physiological processes.

In the Gayatri prayer from the Vedas, the seven rays are described as the emanations of the Sun, identified with the creator of life, "Because the being who shines with seven rays, assuming the forms of time and illumines all... naturally shines with seven rays is called light or the effulgent power; the light of the Generator or Sun - the light is the sun, the sun is the light, they are identical."

Mount Shasta Gem Essences and Rainbow Crystal Vision's mission is to assist mankind in realizing balance and harmony within the self, where true healing takes place. The key is to raise our frequency or harmonics through the magic of Rainbow Light. Within the realms of the mineral kingdom exist many magical and yet undiscovered crystal rainbows of light. Our goal is to make available what we consider to be the most beautiful, awe-inspiring color images of Rainbow Crystal Light. We offer the opportunity, for those that choose, to see the world through Rainbow Vision, the vision to see beyond appearances, and to see perfection that is within all color and all realms, the perfection within each one of us.

Gold Eclipse Gem Essence is the most recent Mount Shasta Gem Essence and was made during the Solar Eclipse in May 2012. Gold, a Master Healer, balances the heart, third eye and crown chakra. Attunement to nature, understanding and loving wisdom are just some of the properties associated with gold. Additional gem essences will be out soon which include, Shungite, a rare mineral from Russia, Black Tourmaline with Rainbows, Dream Quartz, Aquamarine and others.

*Barry has taken levels 1-3 from Susan Isabelle at the Shambhala Ministries in Mt. Shasta, He has also taken Quantum Healing Technique levels 1-3 from Dell Morris. Rainbow Crystal Visions and Mount Shasta Gem Essences were inspired by his close connection to Mount Shasta's spiritual energy vortex and his passion for the healing energy of crystals, color and water. He is currently working to obtain over 100 additional rainbow visions to be used in all types of Chakra Balancing and Color Therapy.*

See his ad below.



Rainbows Within The Sphere



Quartz Sphere With Rainbows