Week Three Rainbow Crystal Journeys

Written and presented by Rhosalaria, November 2026

How are you feeling on your colour and crystal journey?

This week, we come into the centre of our being.

As we connect to Sunshine Aura Quartz and some of you may have Sunstone instead and Citrine which is a bright golden yellow quartz.

Many Citrine crystals are actually amethyst which has been subjected to an intense heat that turns the colour of iron content to a golden yellow. Citrine is naturally occurring also but tends to be a less bright vibrant colour.

Does Citrine have an affinity with violet amethyst? Yes. And they happen to be complementary colours. Violet is opposite yellow on the Colour Rose.

Sunshine aura quartz is an enhanced crystal with the addition of titanium that has been heated to create a beautiful aura affect.

Sunstone is a feldspar with natural glints or iron pyrite within.

This time we are looking at how the Hara which is the seat of the Soul, connects and interacts with the energies at the Soular Plexus.

It can be said, that the Hara contains the Incarnational Star – the wisdom of all our lifetimes.

The Soular Plexus contains our sense of will and who we are in this lifetime. How we act upon our own power from a sense of :

Wisdom – incarnational star and

Knowledge – Soular plexus.

Consider for yourself the difference between Wisdom and Knowing.

We shall look briefly at the Tertiary colours :-

These colours are made up of equal parts of three primary colours.

Olive Green – two parts yellow and one part blue

Magenta Pink – two parts red and one part blue

Turquoise – two parts blue and one part yellow

Coral – two parts yellow and one part red

Olive green – I love to live and I live to Love! Olive is considered the bridge into the centre of the feeling heart. It represents the natural world and our ability to let go of the ego self into the heart.

Magenta Pink – The energy of the Soul Star above the head. Our potential in this lifetime and the compassion and love of divine sweetness.

Turquoise – The higher heart. That which is at the centre between the heartfelt communication and expression of heart and throat chakras.

Coral – Also having an affinity with gold – a bridge between hara and heart. Letting go of fear, embracing vulnerability, learning interdependency, co-creation and loving with wisdom.

Consider all the above reflections on the Tertiary colours and what they mean to you.

These colours are much harder to discern perhaps in reality. Especially the softness of coral which is the coral pink frequency of rhodocrosite. Sometimes we may see these colours ambiguously. They may be bright or pale hues of colour.



Our Life's Journey through colour :

When we look at the colour rose, we see that the Light of Source is at the centre.

To the left we see that we emerge via spirit Source from the deep blue into the magenta pink of Soul potential and into the material incarnation of the red.

We grow into the sense of relationship with others and the world through the connection to orange and learn how to exert our will and sense of identity through the yellow.

In the green we expand spiritually and learn how to feel and have empathy for others. We receive the messages from Source. We express our feelings and co-creative inspirations through turquoise and blue.

We learn self individuality and self mastery through turquoise and blue and their complementary partners of coral and orange, deep blue and gold.

Through the gold we lose our fear of being and come into connection with our true Soul Self.

Through the olive we learn to let go and shift into the true feeling frequency of the heart.

In the coral we learn to live as individuals but with loving wisdom.

In the turquoise, we express our creative heartfelt individuality as expression in all ways.

Violet is our sense of spiritual self and our service of love we do in the world. It is also the colour of transformation and transition from this world back to spirit through the blue and deep blue and back to Source at the centre.

Your Homework :

Attune to and experience your crystals this week of sunshine aura quartz or sunstone and Citrine. Spend some time with each of them.

Consider your own journey through colour.

Consider and reflect upon your sense of Wisdom and Knowing.

Listen to the mp3 Journey for week 3.