Rainbow Crystal Journeys – Week Two

Written, created and presented by Rhosalaria October 2026

I hope that by now, you may feel like you have a little more insight into your personal reflections with colour. I hope that you also enjoyed connecting to the crystals last week which were clear quartz and rhodocrosite.

Which colours are you currently preferring? Pale muted colours or bright shades?

Colour Science Facts :

When colours are more muted, they actually contain more Light. This often signifies that we are going through a very intense process of change, when we choose paler colours. What are your thoughts?

Again, take a look at your furnishings. What colours surround you? Bright ones or muted hues? If you have recently changed your décor, how are the new colours reflecting to your sense of wellbeing and state of mindfulness?

Bright or Pale?

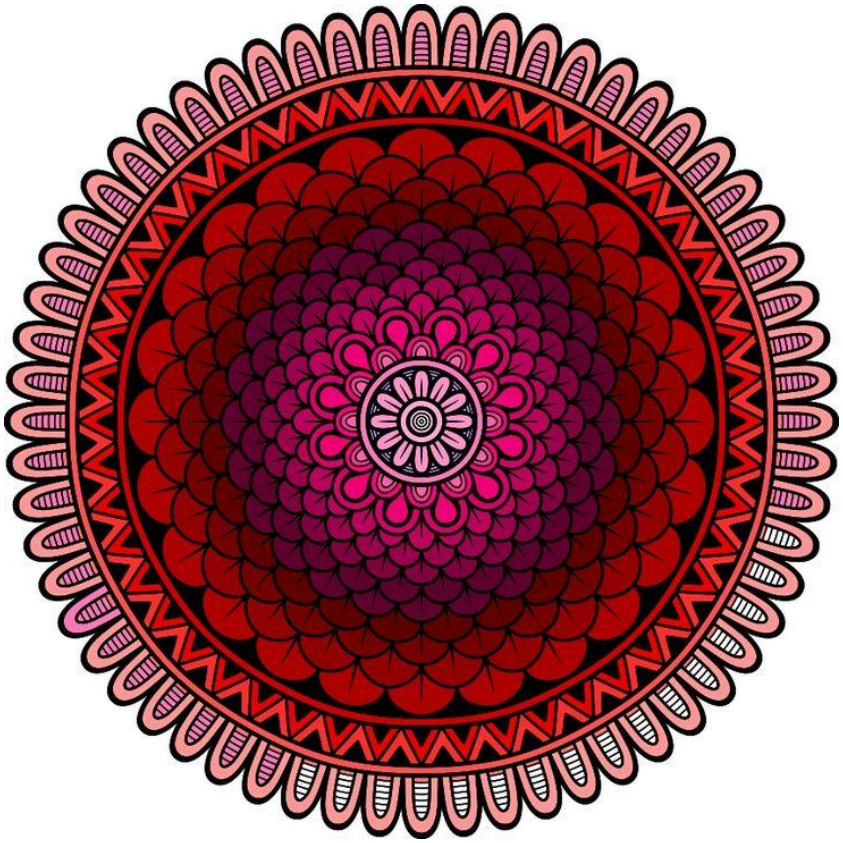
When we look at the colour pink, we can say that it is truly red but with more light shone through it. An artist can create pink by adding white (light) to red. Any colour is made paler by the addition of more white light!

So typically we may regard pink as being part of the heart chakra and it is to a certain extent, the representative unconditional love at the centre of the heart, but it is also red with the light shone through it. We may say, that light or white is a reflection of all the colours. It is also the energy, as in clear quartz, of release.

Releasing the suffering, releasing what no longer serves. So as we add the white to red and make it a paler pink, we are creating that energy of unconditional love. The softness of rose quartz reflects this beautifully.

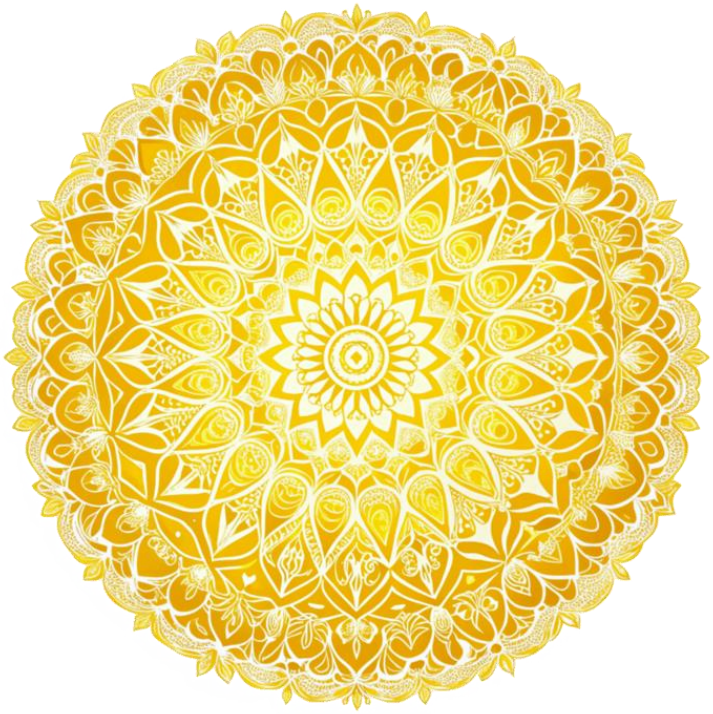
So let's take a look at the three primary colours of Red, Yellow and Blue.

These are the three essential colours that reflect us as hueman soul beings.



We can see here the many shades that are red. From red to pink and magenta pink.

Red represents our incarnation. Our 'being here' in material form. Red reflects groundedness, security and our physicality.



Yellow represents our feelings, emotional wellbeing, inner power, inner tuition and our thoughts. From a pale yellow to a deeper almost gold.



Blue here ranges from the pale blue through to the deepest blue. The pale blue of the sense of trust and faith to the deepest blue in connection to the outer worlds, the cosmos and our star family.

Blue reflects our intellectual self.

Study each of these mandalas in turn. Be open to what you sense and feel?

Does the colour make you feel at ease? Comfortable?

Does the colour make you feel agitated or bring up some thoughts and memories? Note this down.

We need these primary colours which represent the three bowls, or three essential parts of ourself – the red being the lower chakras and root. The yellow being our centre and Soular Plexus and the blue being our communication, inner tuition and inner vision – from the higher heart upwards. When red is mixed with white it becomes pink – unconditional love. Feel the frequency of this crystal mandala.



Consider for yourself, which colour is more dominant for you. Do you feel you need more of one of the primary shades?

When we mix the primary colours we find that we are filling the gaps of the hueman rainbow being. Secondary colours are made by equal parts of two primary colours.

Red and yellow is orange. Blue and yellow is green and Red and Blue is violet.



Orange – Ecstatic Bliss – sacral chakra



Green – Balance, Support and Expansion – The Heart Chakra



Violet – Imagination, spiritual connection and transformation – Third Eye Chakra and Crown.

Consider the secondary colours in the same way as you reflected on the primary colours.

As the colours are mixed together, we get a bigger picture of the language of light within the Hueman Rainbow Being. What is lacking? What is needed more of? How do these colours make us feel?

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So we come now to the Crystal Energies of Unakite which has pink and green tones – very heart chakra and also a complementary union of red and green. Red is opposite green on the Colour Rose.

We also look at Lapis Lazuli which is a beautiful deep rich blue with flecks of gold. In the Crystal Meditation Journey this week, we journey from the heart to the mind and back again. Creating the heart mind unity.

Homework :

Attune to and carry with you each of the crystals for a few days each. Unakite and Lapis Lazuli.

Listen to the mp3 journey.

Consider the Primary colours and secondary colours as a reflection of your own surroundings, wardrobe and what you may need more of.

Are you now beginning to see yourself as a rainbow being? Light filled and vibrant?