



Rainbow Crystals



RAINBOW CRYSTALS have a rainbow reflected from within the crystal. Usually they are best viewed in sunlight. These crystals are especially good as meditation crystals for working deep within the subconscious. They work particularly well to lighten the mood for people experiencing sadness, grief or depression. Just holding a rainbow crystal can lighten your mood. Rainbow crystals are also very good at drawing negativity from a room or a situation. Always cleanse a crystal that has been used to clear negativity by letting it sit in the sunshine for a while.

Exercise: Rainbow crystals bring joy into your life. If you are sad or depressed sit and meditate on the rainbow. It can help lighten your mood. If working with another, let him hold the crystal if he is with you. If he is not with you, hold the rainbow and visualize white light leaving the rainbow and going to him.

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