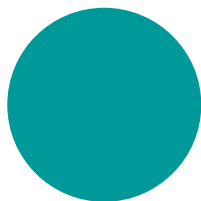


## TURQUOISE



Wavelength: 495-490 nm

Element (West): None

Element (East): None

Chakras: Thymus

Complementary Colour (True Colour Wheel): Red

Complementary Colour (Artist's Colour Wheel): Gold

Turquoise is a blend of green and blue. It is so named because the Turks were fond of the colour and decorated many of their buildings in turquoise ceramic glazed tiles. Turquoise has the calming, expansive nature of green and the cool, quiet flow of blue. It can remind one of the sky before or after the sun, the sea, a mountain stream or a distant natural scene.

### Physical Level

Turquoise creates an easy flow of energy through the physical body that helps relaxation, not just physically, but also emotionally. Working particularly on the upper chest, turquoise can help to deepen breathing and relax tense muscles in and around the shoulders and upper back. This in turn, helps the thymus gland to function correctly, aiding our immune system to withstand the onslaught on the health pressures of living in the present day. Restriction of natural behaviour patterns and the inability to find one's place in the community causes a rapid build-up of stress and toxins in the body. This leads to a decrease in energy and greater susceptibility to disease. Turquoise can help when there is low energy, lack of interest in life, a failure to fit in with the surroundings or a lack of courage to strike out on your own.

### Emotional Level

On an emotional level, turquoise helps the true expression of personal emotions. The energy of turquoise allows the expression of our wishes. The green quality of growth is added to the blue quality of communication. This is not a 'lip service' type of expression, but one that reflects the true individuality of the person. For many, this aspect of turquoise is difficult to accomplish. Wearing turquoise coloured clothes or bringing the colour into the home as furnishings or wall colour can help if self-expression is a difficult thing. The resurgence and popularity of this colour in the 1990's reflected the growth in diverse spiritual philosophies.

**Mental Level**

Mentally, turquoise epitomises the opportunity to express or interpret old ideas in new and relevant ways. It can be a useful colour when needing to take a stand over an issue that is felt strongly about or when it seems difficult to fit easily into the surroundings.

**Spiritual Level**

On a finer level, turquoise is very protective. The mineral turquoise has been greatly valued in the parts of the world where it occurs naturally. Historically it has been used both as a protector and healer. Wearing a turquoise amulet or piece of jewellery can also help heal issues associated with all levels of the colour.

**Summary: To increase or balance turquoise in your life:**

Wear some turquoise coloured clothes.

Wear turquoise jewellery or carry a piece in your pocket

Use crystals such as chrysocolla, amazonite

Try to say what you feel and not what you think people want to hear