

ALPHABETICAL ENTRIES



ABDOMINAL CRAMPS (to alleviate)

Orange when warmth is required to calm and soothe the muscles

ABDOMINAL PAIN

Indigo or Violet to ease sharp pain caused by illness or injury.

Pearl to treat abdominal discomfort due to stress (*no need to add complementary colour for pearl*)

ABORTION/MISCARRIAGE (recovery from)

Indigo for physical pain and inflammation

Pink for loss and heartache

Orange to heal the reproductive organs and sacral centre

ABSCESS

Turquoise to reduce inflammation

Violet to treat the infection

Yellow to heal the skin

ABUNDANCE (to create/attract)

Gold, Green, Red used in ritual, altar, décor or wealth feng shui corner

ABUSE (to heal from)

Turquoise for comfort and nurture

Pink for self love

Magenta for emotional healing

Yellow for self esteem/worth, personal power

Orange to connect to and release emotions

Yellow to heal emotional pain from the past

ABUSE (protects from)

White, Brown, Violet, for general protection

Turquoise for emotional protection

ACCEPTANCE

Pink, Green to encourage acceptance and openness

ACHIEVE GOAL OR DESIRE (to)

Red for action, motivation, determination and achievement

ACNE (to heal)

Turquoise to treat the inflammation

Violet to treat the infection

Yellow to heal/prevent scarring