



Citrine

Key Words –Success, warmth, comfort, abundance, healing, stability, optimism

Chakra – 1st (root), 2nd (navel) and 3rd (solar plexus), depending on the color

Element – Fire

Citrine is a form of Quartz, and the level of iron present gives it the yellow, golden, or smoky brown color. It is closely related to Amethyst, and is formed in basically the same way, hydrothermally in clefts. Much of the Citrine sold commercially today is yellow Amethyst and Smoky Quartz that have been heat treated to produce the yellow color, but in my opinion, Mother Nature does a much better job of creating a Citrine.

The name Citrine comes from the French word for lemon, “citron”, since many Citrines do have that lovely, lemony yellow color. During the first and second centuries in Greece and Rome, it was used extensively as a talisman against overindulgence and treachery.

My fondest memory of Citrine is the ring my husband gave me for my birthday in October. It was absolutely perfect. We were still lying in bed, savoring the lovely morning and appreciating our time together, when he opened the drawer in the night stand next to his side of the bed and pulled out that little black box. The lovely yellow warmth of the Citrine made me feel even happier and more grateful that I was the person I was, and that I had the best husband who ever lived. That day was full of warm sunlight and mild temperatures and we had decided to spend the day traveling country roads, looking for anything quaint that struck our eye, and then finding some out-of-the-way diner or restaurant for some down-home cooking. I couldn't help but frequently glance at the ring and every time I saw that beautiful happy yellow color I fell in love with it all over again. It brought a smile to my face each time. Then I would look into the face of my sweet husband and thank God for him, the day, and our life together. How could it get better than that?

Citrine

Spiritual and Healing Qualities

Citrine combines a joyful, cohesive golden yellow energy of pure quartz frequencies that align root and solar plexus chakras. The second chakra is the first of the relationship chakras and controls the immune and digestive systems, so when that chakra is in balance it is easier for your body to fight off infection and disease. The iron in citrine will help heal blood-related disorders and will increase circulation.

Citrine dissipates and removes negative energies, then replaces them with positive energy. It will purify and balance auric fields, and is one of the few stones that can do so without needing cleaning. They are Seeker/Transformer crystals, meaning that they can be used for both seeking a new path or direction in life, or for use in making major transformations.

The beautiful yellow or golden color reminds one of sunshine, and is known as a stone of happiness, joy, light, and protection. The power of the sun is in the Citrine, and many believe it is a powerful stone to carry with them when traveling at night. It is truly a happy stone, and can bring cheerfulness and help with depression and nightmares. It can help raise energy levels and increase levels of self-confidence and self-worth.

Citrine has been called a "merchant's stone," or "abundance stone", since it is associated with the second and third chakras and abundance and good fortune. It will help one attract money and then keep it once it is acquired. It also fosters optimism, balance, initiative and personal power, and is good for new beginnings in business. Keeping one on your desk is a great idea.

Sensuality and sexuality can also be heightened by Citrine and can help relieve problems in those areas. It can help you increase your self esteem while at the same time keeping you grounded enough that you don't become arrogant.

Affirmation on Citrine

I am happy, optimistic, and full of life, and I am open to new beginnings. Abundance comes to me easily.

Note: The opinions expressed here are strictly those of the author and in no way should be taken as medical advice. Please consult your doctor for any and all physical issues.