

Crystal Quick Reference

Aventurine - Yellow (Gold)

Aventurine Gold/Yellow

Yellow (Gold) Aventurine is a wonderful crystal for working with the solar plexus chakra. It helps to strengthen your will power. This crystal helps you to realized and understand your own worth and it helps to increase your confidence! It helps us to recognize how we perceive ourselves and how others perceive us.

This crystal helps to enhance joy, our joie de vivre (joy of life). It helps to relax stressful situations. Yellow (Gold) Aventurine helps us to learn to work smarter but not harder. It helps us acknowledge our mistakes (present and past) and learn from them! This crystal speaks to and energizes our inner child helping us remember to have fun and recognize the fun of tasks we are doing.

Yellow (Gold) Aventurine is a problem solving crystal. With its help, we can strive to improve the world making it a better place no matter where the improvement seems to be relatively small or something major. Any bit of positive change helps the world.

This crystal also helps us to attract good people. It is also a money/prosperity crystal.

As this crystal strengthens our solar plexus chakra it helps us to deal with the fear of pain associated with medical procedures, shots, surgery, going to the doctor, etc. It helps deal with all forms of fear. It can help those dealing with addiction.

Chakra: Solar Plexus