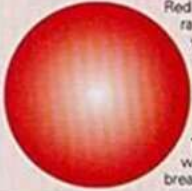
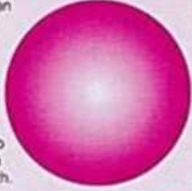
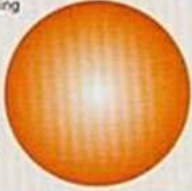

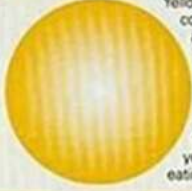
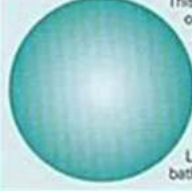


# Unveiling the Mysteries of Energy Healing and Light Codes: Transforming Your Life

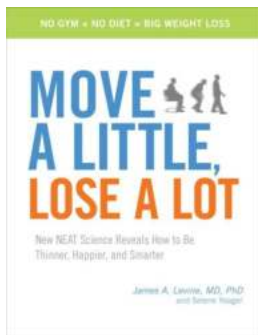
## Guide to healing colours

*When colours enter the body as light, they have an effect on the health of our brain, organs and body systems. Different colours are able to relax or stimulate the body and mind.*

<h3>RED</h3>  <p>Red is the colour with the slowest rate of vibration and the longest wavelength. Known to be able to raise blood pressure, red can strengthen and stimulate the body. Our blood contains red blood corpuscles, which provide nourishment to our organs. <b>Try this:</b> If you feel very tired, wear a red jumper and consciously breathe its energy into your body.</p>	<h3>MAGENTA</h3>  <p>Magenta uplifts the spirits and can stop us feeling despondent or frustrated about our lives. Used in excess, it can be almost too relaxing, so use with care if you have an introverted personality or tend towards depression. <b>Try this:</b> If facing challenges at work or home and you need to switch off, wrap up in a magenta towel after a long soak in the bath.</p>
<h3>ORANGE</h3>  <p>The colour orange has an energising feel, promoting confidence and well-being. A wonderful antidepressant, it encourages creativity and passion, and has beneficial effects on digestive and reproductive systems. <b>Try this:</b> If you are feeling nervous before an important meeting, hug an orange cushion and absorb its positive energy.</p>	<h3>PURPLE</h3>  <p>Shades of purple have been used to help calm people with nervous or mental imbalances. Purple is a colour of transformation at a deep level. A very spiritual colour, it is traditionally worn by the clergy and denotes spiritual peace and awareness. <b>Try this:</b> To calm you, place a piece of purple velvet across your brow and relax to soft music.</p>
<h3>YELLOW</h3>  <p>Yellow is an energising and uplifting colour that encourages positivity and inner power. It strengthens the nervous and digestive systems, calming butterflies in the stomach or stress-related tension in the abdominal area. <b>Try this:</b> If you tend to rush your food or eat snacks often, buy yellow crockery and see if your eating habits become healthier.</p>	<h3>BLUE</h3>  <p>The colour blue is cool and calming, inspiring mental clarity and inner peace. It gives us a sense of security and has been shown to lower blood pressure by calming the autonomic nervous system. Deep blue is also able to stimulate the pituitary gland. <b>Try this:</b> To refresh and relax yourself, sit and focus on the blue of the sky while breathing deeply.</p>
<h3>GREEN</h3>  <p>Green is the colour of nature, which can reconnect us to planet Earth, our home. We instinctively lean towards green when in need of balance or harmony, which explains the popularity of gardening. Green is also good for the heart as it aids relaxation. <b>Try this:</b> If stressed, place your hands either side of a plant and breathe in its colour and vitality.</p>	<h3>TURQUOISE</h3>  <p>This vivid green-blue colour, typical of a tropical ocean, is invigorating and calming. The spiritual stone of the Native Americans and ancient Aztecs, turquoise symbolises truth and aids communication on all levels. <b>Try this:</b> Create a collage of photographs of tropical seas. Look at it while relaxing in the bath and try to imagine being there.</p>

In a world where stress, anxiety, and physical ailments are rampant, many individuals are seeking alternative methods to restore balance and achieve holistic well-being. Energy healing, an ancient practice that taps into the body's innate healing capabilities, has gained significant popularity in recent years.

Combined with the power of light codes, energy healing can unlock transformative experiences and rejuvenate the mind, body, and soul.

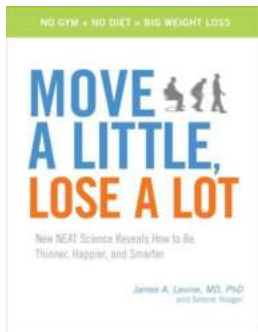


## Energy Healing and Light Codes

by Selene Yeager (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English  
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Escape Your Desk Sentence!

Dr. James Levine, one of the country's top specialists in obesity, says America suffers from "sitting disease." We spend nearly ten to fifteen hours of our day sitting—in cars, at our desks, and in front of the television. The age of electronics and the Internet has robbed us of the chance to burn up to 1,500 to 2,000 calories per day, leaving Americans less active (and much heavier) than we were thirty years ago. We are facing a human energy crisis.

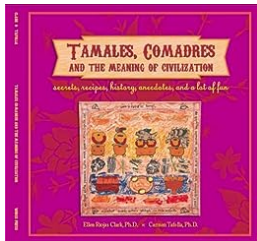
What you need, according to this doctor's orders, is to get moving, or nonexercise activity thermogenesis (NEAT). NEAT is as simple as standing, turning, and bending. Research proves that daily NEAT activity burns more calories than a half hour running on the treadmill. Just by the very act of standing and moving, you can boost your metabolism, lower your blood pressure, and increase your mental clarity. It's about using your body as it was meant to be used. *Move a Little, Lose a Lot* gives you literal step-by-step instructions for small changes that equal radical results:

- Give at the office—burn 2,100 calories a week just by changing your daily work routine.
- Hey, Einstein—just like the scientist who thought up his most famous theory while riding his bike, you can increase production of new brain neurons in as little as three hours.
- Tired of being tired—reduce fatigue by 65 percent with low-intensity NEAT workouts.
- Don't forget—an Italian study showed active men and women were 30 percent less likely to develop Alzheimer's disease.



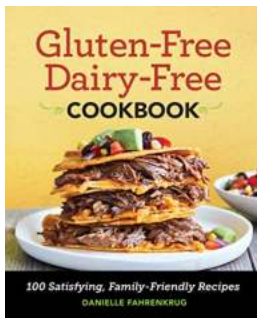
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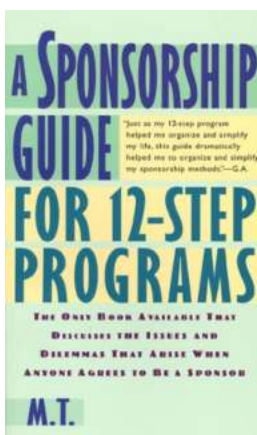
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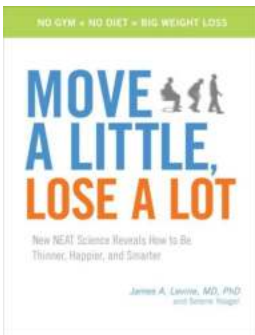
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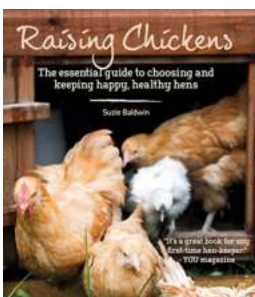
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