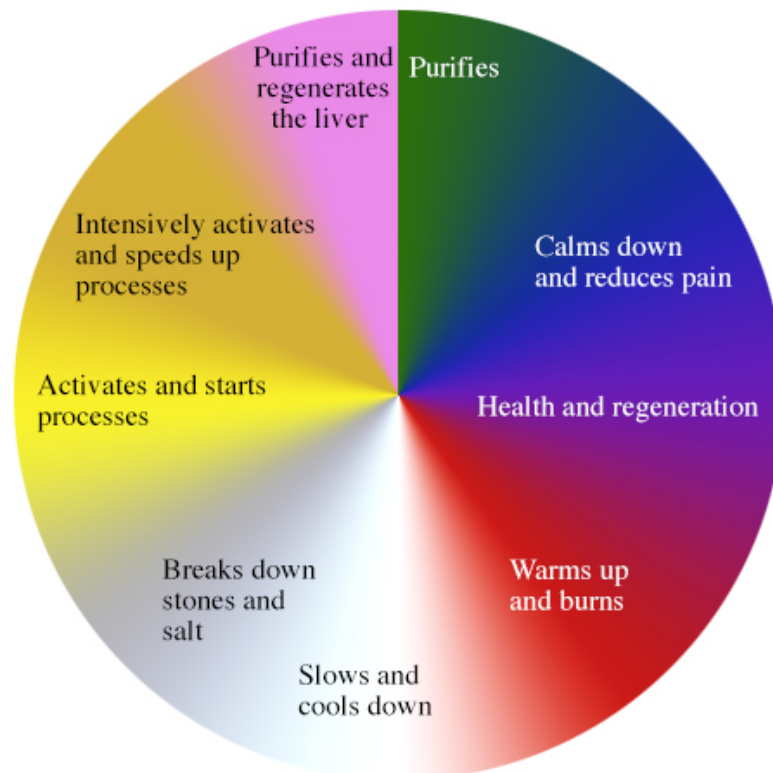


1.9 Colors and reactions

Depending on the type of process you are trying to start, you will be using different colors. Every color has its frequency. When you imagine a specific color you create frequency that will influence a living organism, and then change its energy state. Later you will learn to make combinations of colors in your treatments. Colors are your tools that help you create the right frequency inside you.

Every color is for different reactions:

- Green – purifies
- Blue – calms down and reduces pain
- Purple – for health and regeneration
- Red – warms up and burns
- White – slows and cools down
- Silver – breaks down stones and salt
- Yellow – activates and starts processes
- Gold – intensively activates and speeds up processes
- Pink – purifies and regenerates the liver exclusively



Depending on the type of a problem, it is up to you to choose the right color to use in any particular case. The best results will certainly follow if you practice regularly. This is how you will accumulate experience, which is priceless for this type of work. The following exercises are about color visualization. It is very important to practice color visualization and keep colors constant.

Exercise 1: close your eyes and with the help of energy breathing visualize (imagine) colors. Every color you imagine should be as close as to the real one in shade and intensity and should last for 30 seconds. Imagine colors in the following order: red, blue, green, yellow and white. Take 5 to 10 minutes break to rest and analyze your exercise and to see what you have to practice some more.

Exercise 2: similarly to the previous exercise, close your eyes and with the help of energy breathing visualize colors. Every color you imagine should be as close as to the real one in shade and intensity and should last for 30 seconds. Imagine colors in the following order: silver, gold, pink and purple. Take 5 to 10 minutes break to rest and analyze your exercise and to see what you have to practice some more.

Exercise 3: close your eyes and with the help of energy breathing visualize colors. Try to keep a visualized color for a few seconds and then let it flow through your entire body, from your head to your legs and then to go out through your soles into the ground. Imagine the colors in the following order: red, blue, green, yellow and white. Take 5 to 10 minutes break to rest and analyze your exercise and to see what you have to practice some more.

Exercise 4: close your eyes and with the help of energy breathing visualize colors. Try to keep a visualized color for a few seconds and then let it flow through your entire body, from your head to your legs and to go out through your soles into the ground. Imagine colors in the following order: silver, gold, pink and purple. Take 5 to 10 minutes break to rest and analyze your exercise and to see what you have to practice some more.

Homework: do these exercises for the next seven days. Also, read about the human nervous system.