

Aura Recipe for Good Health

Health Blog #001-From Aura of Angel Gabriel Wellness Centre

An adequate supply of Water and Sunlight produces a colourful rainbow in our lives. It brightens up the daily drudgery of everyday life and turns our life and surroundings into a colourful, vibrant and harmonious natural environment. Mother Nature in all her generosity ensured that there was no dearth of colourful stimulants for us to savour ranging from the beautiful flowers in the field to the mysterious Blue and Green vastness of the Oceans and skies.

The colours grey and brown radiate in a very low vibration as perceived by human beings. These 2 colors restrict the proper flow of energy and create blockages.

In contrast, the brighter colours i.e. Red, Orange and Yellow have a higher wavelength and a lower frequency and are least absorbed therefore offering a slower penetration level in perception.

Colours like Purple, Indigo, Blue and Green have been found to have a lower wavelength but higher frequency and are absorbed first into our body

All this attains significance since when we are afflicted with disease. Certain color frequencies do not pass through the living cell. Hence, the light or the electrical spark that is required for each of the billions of body cells in our beings is not produced. Incorrect or Bad energy growing around the dark and diseased cells results in a chain reaction magnifying the stress around the cell to tremendous proportions. This gives Mr.Disease a solid chance of winning his battle against the human body. Neglect of our body through lifestyle abuse, poor diet and sleeping habits, work or home related stress and impure thoughts are just the antidote for inviting dis-ease into our lives.

A Useful Remedy for Us to follow -

A fresh colorful and crispy salad definitely brightens up the Aura dashed with a tangy lemon squeeze, sweet honey and spicy pepper to open up all the Elements in our body.

A glass of fresh Orange, Carrot or Papaya juice, orange in colour is good for your eyes and opens up our creativity potential (the Second Chakra).

Beetroot, watermelon, raspberries, red cherries, strawberries, tomatoes and rose syrup is good for the Root Chakra and blood cells which enable us to ground ourselves and face life positively.

Green Salads, green beans, green peas, and other green fruits and vegetables are good for the Heart Energy or the Heart Chakra which accepts Love, Prosperity and Happiness.

Water is very good for the throat chakra. If you shout a lot or have to keep talking for long periods of time, you need to drink enough water.

Purple berries, purple grapes, purple cabbage, and magenta radish, with olive oil and fish oil maintain a good balance for the Crown Chakra.

Ensure that you do not mix the colors while dining in order that the colors are absorbed in the cells perfectly. Avoid drinking water immediately after eating. Water should be had by itself.

Follow this recipe for maintaining a perfect aura for yourself. Aura is a state of mind. Make your life brighter and more colourful. This is the recipe for a brighter and colourful state of mind (aura).

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