

PHYSICAL COLOUR GARDEN



Your Garden



Your Choice.

This was originally a set of inspiration cards manifested through me during a time when I was experiencing difficulties in my own life with my health. During those times I was inspired to write a book called “Love is the Key” and I was given the metaphor of the garden about the auric field as well as to our physical body.

Over many years of teaching Colour Therapy, I have found that this simple image helps us understand how every part of our lives are inter- connected.

We all have our Mental Level, Emotional Level, Physical Level, and our Spiritual Level, and they all work in conjunction with each other to some degree depending on what you are thinking about, how you are feeling, and if you are praying or cursing, and lastly how you are feeling physically.

I hope you enjoy the beauty of these booklets and the information they hold on many different levels. You can hold a booklet and ask a question and just open it at random and see what gift it will give you. Enjoy, Colette.

**My life is my garden.
My life are my seeds.
If my life isn't awesome.
I've been watering the weeds.**

This is the first of 4 gardens that I will be writing about. I am hoping you will enjoy this journey with me.

A
s you walk with me through this physical garden, we will see the vegetables, fruit shrubs and fruit trees growing. When we come to the part of the garden where the herbs are growing, I will brush my hand through the plants releasing their fragrance. I find that this fragrance goes deep into my soul, and I then know which ones I need to pick for the day and what my family will need. This is one way I can give to my physical body.

Within this physical garden we will find our place of work, our relationships with our families, friends, colleagues, nations, religions, and how much money we make. When this garden is in balance, life feels good, rich and abundant. We are content with what we have, and we understand that there is enough for all.

We are the gardeners of our own gardens.

When we cultivate our gardens, we can have a positive relationship with our physical, mental, emotional and spiritual gardens all at once. My wish is that you will enjoy the abundance these healthy gardens can give. It is no good just having one beautiful garden while the rest are full of weeds. All four gardens need to be in harmony with each other.

In our physical garden as well as the other gardens we all have much weeding and tending to do, grass to cut, bushes to trim, plants to move and new plants to buy. Action is always needed.

It is here at this point that our own physical health is extremely important, and this is just the start of the journey.

On a personal level in the past, I found this out to my own personal cost. Life became extremely difficult and having seven years of extremely ill health and having a young family, living abroad without other members of my family to help it really focuses the mind to get well.

When our health is compromised, we can't work or provide the necessities in life daily. We see our work life suffering, family life suffers and we then there are the financial worries, and this is why it is so important to take care of our health today not tomorrow.

At this point you may also be asking what has this got to do with colour?

Over the years of teaching the language of colour I have come to realise that everything is colour. Imagine we are walking around your garden together, just having a conversation and think about the words we are using to describe our day or how we are feeling to each other.

We may be talking about your job and the first thing you say is,

"I'm sick to death with my job".

It's a grey day.

I'm in the pink.

That person is green with jealousy.

My child is as good as gold.

These are just a few examples of how we are feeding our bodies and how it makes us feel.

Let us take a different look at colour such as company logos are another aspect of colour. McDonalds red and yellow mixing to the colour orange. This is saying be quick, eat up and be gone. Banks will use blue or dark blue to show they are safe.

Then we have the colour of the clothes we wear, and this feeds how we wish to be seen especially at work or maybe you don't want to be seen. Many people will wear black or dark blue suits not to stand out too much, or this can give an impression of being responsible.

Our home furnishings are displayed on a physical level this is where we are in our relationship with our surroundings as well as other levels of colour in our lives such as our emotions, or our mental state and our spiritual level.

Other things to consider are how do you feel because everything carries a colour;

- Stressed – Negative Yellow
- Depressed – Negative deep blue
- Feeling washed-out – Grey or no colour
- Happy – Positive yellow
- Optimistic – Positive orange
- Fearful – Negative yellow
- Anxious – Negative green
- Over-weight – Negative pink
- Under-weight – Negative pink
- Lack of sleep – Negative blue
- Body ailments – This can be a combination of all 15 colours
- Auto-immune problems – This is a combination of colours from all the colours.

All these factors are reflected in the language of colour on a daily basis if you know what you are looking or listening for. Sit with me for a moment in this garden and contemplate what you are feeling about what I have just said.

Are you in a similar situation?

Have you experienced something similar?

Let's look again at the physical body.

Within the Physical Garden we can have a Rainbow Diet. We need to consume different colours through our vegetables, fruits, nuts, cereals we can have so much variety. Our colour choices regarding our diet are based on the colours on our plate. When our plate looks appetising through the variety of colours we enjoy our food far more.

Eat The Rainbow



Red for Heart



White for Immunity



Yellow for Skin



Green for Cleansing



Orange for Inflammation



Purple for Antioxidants

Does your diet look like this?

Is your diet organic?

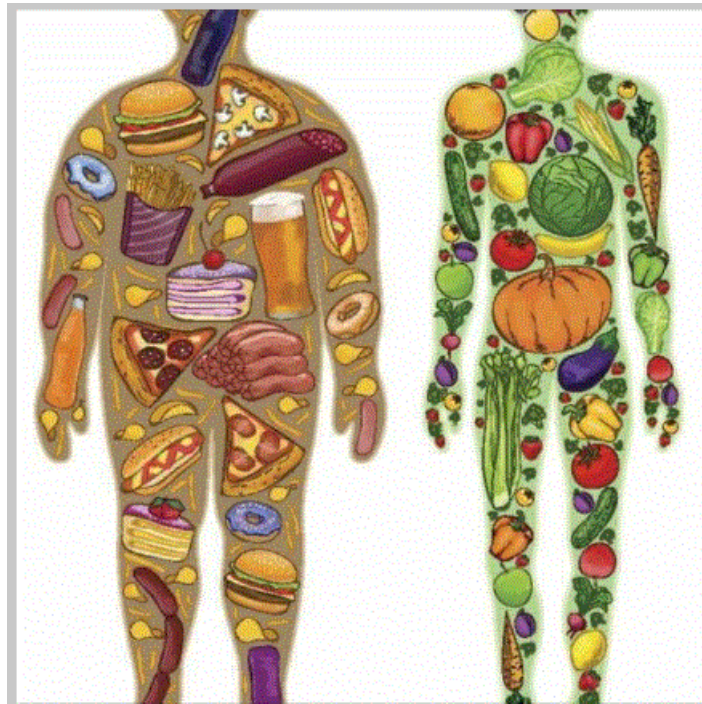
Are you willing to change your diet?

Daily awareness and tending this garden can feed and nourish our physical bodies with the foods we consume. When we look at this part of the garden we can see, where the vegetables are grown the orchard where we pick our fruit. In another part of the garden, we find the vegetables, plus we have the herb and spices, growing in another part of the garden all are important because this is like a living pharmacy. Within the Physical Garden we have the Rainbow Diet book written by Chris Woolams and there are other books now launched on the market regarding the colours in our diet. In the Indian cuisine you need to have at least 5 colour dishes for every meal.

We need to acknowledge that colour in one form or another is always with us. We need to consider this statement.

"The first wealth is health."

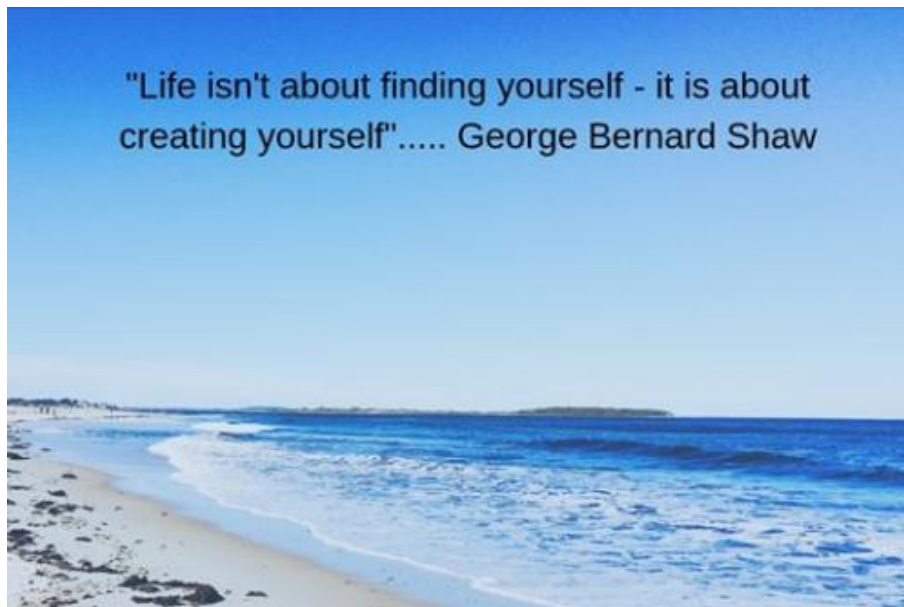
- Ralph Waldo Emerson



We are what we Eat!

- Are you eating the wrong things?
- Are you eating fast foods, processed meals, sugary drinks, energy drinks?
- Do you feel bloated?
- Are you gaining weight?
- Do you have irritable bowel problems, skin problems to name just a few.

As I have mentioned when our physical health is suffering, we can't work, provide the necessities in life. Living just becomes a daily struggle and really this is not what life should be like.



"Life isn't about finding yourself - it is about creating yourself"..... George Bernard Shaw

"Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is where the miracle process all begins."

- Jim Rohn

This then brings us to the questions on the physical garden are your colours in balance?

- Do you have one or two colours that dominate your world?
- Do you know what colour personality you are?
- Do you have a health situation in a certain area of your body?
- Do you eat a colourful diet?
- Do you have just one colour theme running through your home?
- Does exercise dominate your way of life?
- Are relationships difficult?

These are just a few examples to look at within the Physical Garden of Colour within the positive and negative aspects of how we feed our daily lives.

Ask yourselves these questions:

- Are you content with your relationships?
- Are you content with your body shape?
- Are you content with the amount of money you have?
- Are you content with your life, your work, what you have planned?
- Do you have an exercise regime?
- Do you hate exercise?

- Do you drink plenty of water daily?
- Do you drink water as soon as you wake up?
- Are you spending time in nature?
- Do you laugh every day?
- Do you speak kindly to yourself?
- Do you support your body's natural cellular communication?

Keeping our Physical Garden fertilised.

Personally, for myself I will only recommend what I have tried and use myself because how could I be honest if I did not do what I am talking about daily in my own life to keep myself healthy. This is extremely important to my own integrity.

Over the many years I have come to realise we all need to supplement because with industrial agriculture our soils are depleted with minerals and our food is sometimes picked before it is ripe and shipped around the world. When this happens, the food ripens during that time without the sun and the nutrients it would have had if it had been harvested when fully ripened. This is why we need to support and supplement the body with vitamins and minerals.

However, and this is VERY IMPORTANT without this new wave of supplementation we will not be getting the full benefits because many of these vitamins and minerals are made in a laboratory and our cells can't full absorb them because the structure is too large for the cells to accommodate.

This is where REDOX SIGNALING MOLECULES come into play.

These molecules are native to our bodies, and we are making them very nano second throughout over lives. However, and there is always a however, the downside is that these molecules reduce in production as we age therefore it is extremely important that we supplement the body with these workers.

Regarding the physical body and keeping this body healthy, we need to understand that the food we eat as well as the supplements we are taking are our building materials.

Think of building a house what do we need?

We need timber, bricks, cement, roof tiles. We need a workforce that include electricians, plumbers, carpenters, bricklayers and we need a foreman to say where these building materials will be used to their best advantage.

The cells in our bodies are like this workforce, but they need a foreman to be able to communicate what is needed where. I see this as our own Wi-Fi inner net rather like the internet. I have learnt that every cell within our 70 trillion cells that make this physical garden of ourselves needs a signal to communicate otherwise nothing happens. It would be like trying to phone the fire brigade to come and put a fire out in our home, but our phone has no signal, and the call can't be made.

Our cells communicate by blinking light all the colours of the rainbow. When I personally heard talk about this discovery at Oxford University in the 1980's I just knew that working with colour was my own destiny. Dr. Popp was talking about how our cells blink light to communicate. This is why we are called "Light Beings".

These molecules are the foundation of physical health in our physical colour garden because they work with anything that has a cell be it a flower, a carrot, herb, spice, even the soil this really is the foundation and the next wave in health science.

You and I are the gardeners of our own gardens. We all have much weeding and tending to do, and action is needed. A garden is not beautiful in one day it takes time and effort and constant tending.

.To find out more about these amazing molecules go to www.amazingmolecules.com or www.aseaglobal.com/en-GB?webSiteName=need4change

Let us now go even deeper into this physical garden of colour.

Physical DeepMagenta Garden

In the physical Deep Magenta garden we find a Dragon Fruit.

- It's rich in antioxidants like flavonoids, phenolic acid, and betacyanin. ...
- It's naturally fat-free and high in fiber. ...
- It may help lower your blood sugar. ...
- It contains prebiotics, which are foods that feed the healthy bacteria called probiotics in your gut. ...
- It can strengthen your immune system.



Can you commit to strengthen your immune system?
Can you look at new ways for health improvement?

Physical Red Garden

The red physical garden tomatoes are mainly a carbohydrate with some fibre, but they are best known for their vitamin content. Beta-carotene (which becomes vitamin A when consumed), vitamins C and E, some B vitamins and vitamin K. They contribute some minerals including calcium and magnesium.



If you have internal inflammation make sure you don't eat a lot of tomatoes.

Are you getting all your vitamins and minerals daily?

Physical Pink Garden

The pink physical garden is saying start your day in a loving way. A pink grapefruit full of beta carotene and a good source of vitamin A. This is a good start to your day.



How are you going to start your day?
Do not eat grapefruit if you are taking
any heart medication, please check with your Doctor.

Physical Coral Garden

Deep coral in the physical garden is about balance with your health needs. Our soils are so depleted of nutrients everyone needs to supplement. Let's talk about your needs.



Do you eat an organic diet?
Do you supplement?

Physical Orange Garden

The orange physical garden is a good source of several vitamins and minerals, especially biotin, potassium, and vitamins A (from beta carotene), K1 (phyloquinone), B6. Vitamin A: Carrots are rich in beta carotene, which your body converts into vitamin A.



Do you eat this vegetable raw or cooked?
Do they help you see in the dark?

Physical Gold Garden

The physical gold garden is knowing that your body is amazing. Our cells signal to each other to stay healthy. Plums contain vitamin A, C, K as well as potassium.



Do you know how your body heals when you have cut yourself?

Would you like to know more?

Physical Yellow Garden

In the yellow physical garden the more you learn the more mountains you can climb. "Lemons are high in vitamin C, folate, potassium, flavonoids and compounds called limonins,



Drinking hot lemon juice first thing in the morning is a good start to the day.

Physical Olive Green Garden

In the physical olive green garden olives are a good source of a few micronutrients including vitamin E, iron, copper calcium. Vitamin E is a powerful antioxidant.



O-Live for today and make sure it is cold pressed organic olive oil.

Physical Green Garden

The physical green garden is all about leaf green vegetables. All leafy greens, salad greens, pot herbs, vegetable greens, or simple greens. These vegetables contain vitamin A, C, potassium and fibre.



Are you getting enough vitamins and minerals daily?

Physical Turquoise Garden

Turquoise in the physical garden is Sage. Very high in vitamin K, and it also contains vital minerals like magnesium, zinc, and copper. Antioxidants help combat free radical molecules in our environment that can damage our cells. Sage contains antioxidant vitamins A, C, and E in small amounts.



If you are suffering with cramps you maybe lacking in magnesium as well as experiencing restless legs.

Physical Blue Garden

Blue in the physical garden can help with heart health, bone strength, skin health, blood pressure, diabetes and mental health. One cup of blueberries gives 24 percent recommended daily allowance of vitamin C.



Are you dealing with any health problems?
If you are, please reach out to me.

Physical Indigo Garden

Indigo in the physical garden these are indigo potatoes. They are high in antioxidants to help fight inflammation and helps slash heart disease and cancer risk.



Have you any underlying health issues?
Anything ending in “itish” is inflammation. Time for a chat.

Physical Violet Garden

Violet in the physical garden this purple cabbage. This is a good antioxidant and helpful for healthy bones.



Are you supplementing your redox signalling molecules?
These molecules help to fight free radical damage naturally.

Physical Magenta Garden

Red cabbage is rich in vitamin C, vitamin K, and is a low-calorie source of dietary fiber.

Red cabbage is high in antioxidants, especially anthocyanins.



Are you supplementing with an antioxidant?

Did you know you can boost your own master antioxidant with Redox Molecules.

Interested?

Physical White Garden

In the clear white physical garden Turnips are loaded with fiber, vitamins K, A, C, E, B1, B3, B5, B6, B2 and folate (one of the B vitamins), as well as minerals manganese, potassium, magnesium, iron, calcium and copper. They are also a good source of phosphorus, omega-3 fatty acids and protein.



Are you taking a good food organic supplement?
The best I have found anywhere is Via Source.

Spend Five Minutes Daily in Your Garden

Why do I say this?

Spending just five minutes each day in your garden gives you the opportunity to gently reflect on what your mind, body and spirit may need today.

- What colours are the flowers that are blooming in your garden today?
- Are there weeds that need pulling out?
- Is the birdbath full?
- What needs watering today?
- Which colour is calling you today?
- What is one small thing you can nurture before tomorrow?
- Writing an answer to each of these questions helps to keep you in the moment.

Have a wonderful day, smile, laugh, and embrace life.

As we leave this Emotional Colour Garden, together, remember that every positive choice you make becomes another seed planted in your own wellbeing.

Whether that is choosing nourishing food, gentle movement, rest, time in nature, healthy relationships or exploring new advances in cellular health these small steps really matter.

My own journey has taught me that our bodies are wonderfully designed to protect, repair and renew themselves. Think about how you heal when you cut yourself. It is by supporting those natural processes which has become one of my life's passions.

After more than forty years of exploring natural approaches to health and wellbeing. I have finally found something that made sense to me at the most fundamental level of how our bodies function. For me, Redox Signaling Molecules have become another important piece of the wellbeing puzzle.

If anything you've read has sparked your curiosity about Redox Signaling Molecules and why they have become part of my own daily wellbeing routine for the past eleven years, I would love to continue the conversation with you.

Until then ...

Keep tending your garden.

It is one of the most precious gifts I can give you that you will ever own.

I do hope this is something you would like to investigate further with me.

Colette

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