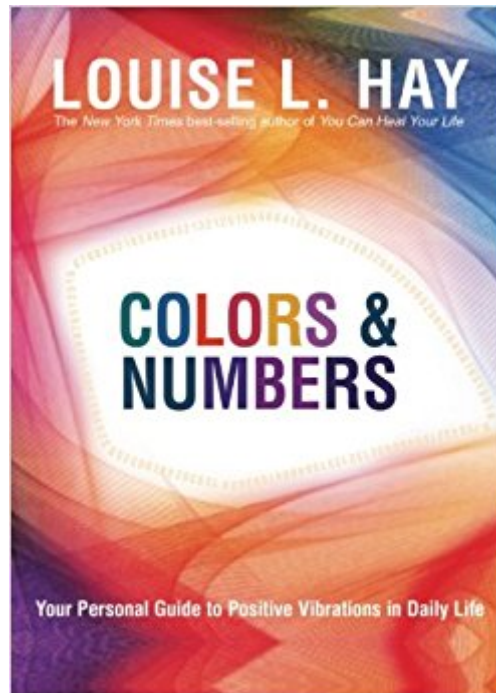


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# Colors & Numbers: Your Personal Guide To Positive Vibrations In Daily Life



## Synopsis

Colors and numbers have a lot of significance for us. We each have our own personal number vibrations and personal color vibrations. Some of these numbers, such as our date of birth, are permanent. We also have temporary personal colors that change with the calendar. By consciously surrounding ourselves with our personal colors, we become more in tune with the cosmic forces. Colors and numbers are useful to our lives and attitudes. They may form a basis for our affirmations and declarations about ourselves, which is exactly the purpose of this book. May every Colors & Numbers day be a joyous one for you! • " Louise L. Hay

## Book Information

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## Customer Reviews

Louise Hay is a bright light in our world, as she continues to open our minds to the positive aspects of our lives. She does so in this aesthetically pleasing little book based on numerology. Numerology is a study that dates back as far as Pythagoras, and has been used in China for thousands of years (Feng Shui has roots in numerology). Some days are better for doing certain things than others - something as simple as cleaning your house, or as big as getting married - for example. With this book, Louise Hay explains how to use the energy of the Universe to "cooperate with life" and have "our days flow smoother". She also explains colors that correspond to each number (1-9) and the significance of colors in our lives. "This book shows us yet another way to integrate colors and numbers into our daily living practices and bring them into balance." I figure out my daily, monthly and yearly numbers, and try to do activities that are congruous with the date, when I can. I highly recommend this book to anyone who likes Louise Hay, or has an interest in numerology or

the influence of colors.

If you've ever read any books from Hay House, you already know about the high-quality, glossy, and sensuous thick paper they use, as well as the vibrant color schemes employed for both their books and inspirational card decks. Colors and Numbers is no exception. Each page features either colorful and whimsical artwork or painted textures that seem to leap off the page. For example, one page looks like purple, crinkled paper, and another like gray, woven tweed. These are also accented through the pages with words, as well as other collages and pictures of whimsy. It's a nice bit of eye candy, for sure. (What can I say...I'm a sucker for sensual, colorful books!) The illustrator, Tammy Smith, has done a wonderful job in capturing the essence of this book. However, make no mistake: this book isn't all style and no substance! The introduction features Colors and Numbers at a Glance, and the first chapter goes into the role color and numbers have played in historical and mystical traditions. Hay then instructs you on how to calculate your Personal Year, Month and Day and explains how knowing these numbers can help you attune to vibrational elements specific to yourself. She also covers Double and Triple intensity days and what these mean for you vibrationally, as well as other helpful hints on how to integrate color and be mindful of your Personal Numbers. A full page is devoted to each of the Personal Years, and Hay provides encouragement and insight for each, as well as how it serves as the "background music" to your life. In addition to this information, there is a short affirmation at the bottom summing up the Year. For example, a #5 Year has the affirmation I welcome change and expand my boundaries!. A full page is also devoted to each of the Personal Days. Like the Personal Years, Hay illustrates the focus of each specific Personal Day. What should you be looking for? What areas might need attended to? Is relaxation in order--or time to get some things in order? She answers these questions for each and every Personal Day. Like the Personal Years, there is an affirmation, but these are much longer (a paragraph). A very helpful addition to this book is the personal calendar section. Each month of the year has it's own page in calendar form, so you can calculate your Personal numbers and write them in the blank squares. That way, you know your Personal Month and Day at a glance. Then, you just turn to the corresponding section in the book to see how you can best align yourself to the numeric vibrations that are unique to you--creating a smoother flow for the day by working with a particular vibration. There is also a list of each of the seven colors of the rainbow, and the foods that correspond to the colors. For example, the Violet section lists blackberries, eggplant, dark grapes, purple plums, passion fruit, and dulse. I highly recommend this book if you're looking for a new and unique way to be more mindful of your life and how you can better get into a personal flow that

works with the current vibrational frequencies. If you're experiencing personal roadblocks in life, mapping our your Personal Numbers could pave a smoother path of ease as you navigate your life and its lessons.

I can't believe this came from Louise Hay. Colors? Well more like kindergarten numerology that you can find better versions of anywhere online for free. She mentions colors that relate to the numerology, in a word or two - literally. That's it for the colors. Name a color as it relates to a sort of numerology. NAME a color that relates to numerology, not describe color meaning, mind you. Just say its name. The middle section of this tiny book are blank monthly calenders for you to fill in. Can we just call them what they are, "fillers"? These are not needed but the book had to be more than 50 pages in length. Now it's 60 plus advertising. I have no problem with small books at all. I have written them. Who cares about size as long as the material is useful? That's the trouble here. I really like Louise Hay and her work usually. If you can't get on the internet and look up basic numerology, and I do mean basic with a capital B, then you might like this if everything along these lines is utterly new to you. If you know nothing at all, you might like this. Otherwise, I always say I can find one good idea in a book and that makes books worthwhile. I am still looking to find anything at all in this one. Save your money and get other works by Louise instead. I can't feel any life in this one in the least, I am very sad to say. I hope Louise can explain sometime what she saw in this that I and others are missing. I almost never write a bad review because I figure it is a personal thing. In this case, I simply had to do so...to warn others who are informed in such matters in any manner at all, even in the most basic of ways, that this is nothing new or likely useful. You get a few affirmations...Maybe that will be worth it to you? Buy something else to support Louise instead, is what I suggest.

I wasn't quite sure what to expect with this book, but after reading it, I must say that I found it very interesting. In "Colors & Numbers", the author discusses the importance of both in our lives, and shows the reader how to calculate their personal numbers. She then provides a short overview on what each number means, and the color associated with it. Overall, I would recommend this book to anyone interested in the subject - especially those who're just starting out.

This is OK, but there's a lot more materials from Louise Hay (and other Hay House authors) that would be a better investment of your time -- not to mention money. I consider this more fluff than substance. I'd recommend "Heal Your Life" by Louise Hay; "The Unmistakeable Touch of Grace" by

Cheryl Richardson.

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