YOUR BODY WAS CREATED TO LIVE AND SURVIVE
By Susanne Murphy

How you exist depends on your conscious choices in the 7 most important “essentials for life”. If you make good choices, the result is quality health and few problems. If you make bad choices, the response is poor health that includes symptoms of pain, disease and eventually death.

Our body, mind and spirit will tell us we are doing something wrong. When it does, it is our responsibility to find the core root problem and then fix it with the solution. The basic essentials for a quality life are key to help us to get back on track. It is a choice to honour these life protocols! Following are the essentials to good life energy.

1. FOOD: WHAT YOU EAT.
There are two kinds of foods: acid and alkaline. Your body was designed to function in an alkaline state, which requires alkaline foods. This consists of mostly fruits and vegetables and whole foods. Eating too much of the acid foods makes your body acidic, causing acute physical stress.

2. FLUID: WHAT YOU DRINK.
Your body is mostly water and needs clean water as its primary liquid. Since your body was designed to regulate itself internally, drinking external stimulants other than pure water puts added stress on your body and interferes with the regulation of blood sugar.

3. EXERCISE: YOUR PHYSICAL ACTIVITY.
Your body needs exercise that increases your heart rate, promotes muscle activity and aids neurological integration, so your body works can as it was designed to. The best exercises that achieve all three are swimming or walking correctly.

4. SLEEP: HOW YOU REST.
Adequate, uninterrupted sleep each night is essential for cell repair. For the 7-8 necessary hours that you sleep each night your body self heals. However, if you eat large meals too close to bedtime, drink the wrong liquids throughout the day, have obsessive negative thoughts, etc., your body will needlessly be working laborious overtime to try to rebuild itself. These things make continuous, restful, restoring sleep difficult.

5. AIR: HOW AND WHAT YOU BREATHE.
The How – Correct breathing is important because it activates the diaphragm in a manner in which it was designed, which augments heart action. Correct breathing helps rebalance the autonomic nervous system.

The What – If you can smell the air you breathe, what is it telling you? It’s probably telling you that it is stressful, filled with pollution. While the toxins in your food and liquids are cleaned by the liver before entering the bloodstream, the toxins you breathe – from smoking, smog, airborne pollutants or living/working in a toxic environment – go directly into your bloodstream.

6. SOLAR ENERGY: HOW MUCH TIME YOU SPEND IN THE NATURAL SUNSHINE.
Nowadays we spend more time indoors than outside. Yet, most light sources indoors are artificial. So how is our body getting our daily dose of vitamin D and other sun nutrition? It probably isn’t. Just as plants and animals need the sun, so do we. We need natural sunlight to stimulate our complete endocrine system to function properly. Our body is reliant on light energy.

7. THOUGHTS: WHAT YOU THINK ABOUT.
What you think about affects your body. Think about your favourite food and your mouth fills with saliva. If you are angry or in fear, your body is as uptight as if you were fighting in a battle. If you worry or under too much stress, your nervous system triggers more acid in your stomach even if you have nothing in your stomach. In turn, this produces indigestion and ulcers and eventually water imbalances and vitamin deficiencies. And most of these physically harmful feelings come from replaying the past or over-analyzing the possibilities of the future; rather than just living in the present time.

FURTHERMORE...
Another thing that we have to understand is that all life essentials are in some way connected to “Colour Vibrational Energy™” medicine.

Food is colour-coded and our thoughts are colour vibrations. Water, air and sunlight contain all the colour rays. Whereas, physical activity exercises our organs and various systems. Good rest gives our body the time it needs to restore itself.

Following are some other vital and indispensable factors that greatly contribute to a sound body, mind and spirit. See if you can guess the colour connection to each!

- Refreshing Relaxation
- Intellectual Stimulation
- Emotional Expression
- Intentional Integrity
- Reflective Meditation
- Earnest Prayer
- Charitable Activity
- Healthy Relationships
- Hearty Laughter

Be mindful of your 7 key life essentials and remember to bring in the full spectrum of colour to support your complete chakra system!