



West Australian Author, publisher and photography Ali Jardine.

THE COLOUR OF HEALTH-Colour saved my life and brightened up my world when I did not want to be here! Retreating into myself in deep meditation, brought on by some life changing experiences, I discovered the magic of colour. The peace and tranquillity I found within, was a safety mechanism, to escape from the reality that I was faced with.

The Kaleidoscope of colours visualised through my intuition and meditative state were unbelievably healing and enlightening. I was very comfortable in that place of being, and along with the unconditional love from my animals I looked out of the window one day and made a decision that I did have something to live for.

Getting the all clear on two large breast lumps, that put everything else into perspective, it was euphoric knowing that I had my health and nothing else really mattered. One regret I do have in my life is not running down Murray street, Perth, topless after my positive breast results like I wanted to, just for the hell of it, the feeling of freedom and the feeling of importance.

The importance being my health, because without it we have nothing!

I then went home and started on a detox of light soups and vegetarian meals, I wanted to be healthy. I started on a 10 minutes a day walking adventure and slowly built that up. I was noticing and becoming more aware of the colour that surrounded me in the trees, flowers and nature. My love of Dragonflies and the colour and transparency they displayed.

I became more and more interested in life again, I was out there engaged in the beauty of what life had to offer, I was seeing not only colour but the positive aspects of my surroundings.

I had built up my exercising adventure a lot more and I was really feeling the benefits of it, along with me eating colourful foods and wearing colourful clothing.

When I was in a state of shutdown my subconscious was actually letting me know exactly what my body needed, the colours that I was experiencing during my meditation were actually my energy source. We all have an energy system in our bodies, animals have a similar one, and it is what some call the Chakras.

Apart from having this energy system which is all colour coded, we have an electric magnetic field around our physical bodies. All of what we are and everything around us is based on energy.

I was so interested in what I was experiencing, I decided to study and complete my Reiki, up to Masters and teacher. Reiki is an ancient healing process based again on the energy system and aligning the inner mechanisms of our energy points so that we have a clear channel of health and wellbeing.

Health and wellbeing for me include all modalities physical, mental, emotional and spiritual. The more I tuned into the colours, the more I was benefiting and feeling a lot better, I worked out that whatever colour I was attracted to it was actual healing that part of the body that aligned with the coloured energy point.

With the regular exercising and wearing and eating the colourful foods my weight was coming off and I was feeling fantastic. The medication that I was on for Fibromyalgia, chronic fatigue, Arthritis and acid reflux were being replaced with healthy organic fruit and vegetables, grains, nuts and seeds, herbs and spices that are all natural products.

THE COLOUR OF HEALTH displays simple and easy to make, juices and smoothies along with raw and cooked substantial meals.

In the last two years I have come to the conclusion that the western diet has far too much protein and not enough vegetable based food products. After feeling fantastic with my healthy lifestyle I was then bitten by a spider that put me in hospital for several weeks, two lots of leg surgery, the aid of a wheel chair and several months to recover. During this time, I again retreated into my meditative state and become surrounded with the colours of my own energy system.

After my complete recovery I studied again and became a fitness trainer, I was elated that I still had my leg on because when life and limb is nearly taken away, there is a great appreciation of life.

There was nothing stopping me now, I wanted to experience and delve more into my health, whatever colour I was wearing I was finding that I was eating the same coloured food. With my positive mindset I was feeling fantastic and my lifestyle of the best that I could put into my body, I was reassured that I was on the right track.

Sometimes I would put some toxins in my body and eat some foods that I had not eaten for a long time, just to see how my body reacted; I soon got back on the positive healthy thinking.

This year I have done some extensive overseas travelling, I climbed Ben Nevis the highest peak in the UK, on a handful of nuts and some colourful fruit and vegetables and wearing very bright and colourful clothing, so that my energy points were fully aligned for me to gain the strength and stamina that I needed for the rough terrain ahead.

Whilst I was away I actually put on 7 kilos in weight, which is not excessive but made me feel quite uncomfortable. I again tuned into the colour particularly all yellow based foods and within a short period of time I had lost the extra weight that I had accumulated.

Colours are a reflection of our personalities and moods, they can have a profound effect on the way we feel, act and react. Whatever colour we are wearing not only aligns and stimulates our energy source, but it may be doing the very same to whoever we are attracting.

All my work is based on colour; it is one of the most natural phenomena in our lives. If we are aware of what is around us, then we will see and experience the rainbow of life!

All my past experiences I have embraced, accepted and thanked, without these life changing occurrences I would not have been in the position to have written this article, or produced the work that I am so passionate about.

Colour brightened my world in a way I can only describe as magical, the essence of colourful nutrition and exercise changes lives.

One of the greatest appreciations I have in my life are animals, without them I would not have been here today.

I dedicate all of my work and gratitude to my three beautiful animals Lodestar, Maxwell and Murphy that have since gone over the rainbow.

For the love of animals, the love of colour, everything in my life and my health!

I give thanks for my life.

Ali Jardine 2012



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