

Hello and welcome!

It's Pravda here from www.pravda-antonova.com I am so excited that you are on the call! I would like to share some of my best experiences related to the orange color and how this joyful color has helped me to create a stress-free life. I would like to talk about some facts you have to know about the orange color that may help you reduce the daily stress. I am going to talk about the orange color in details and give you some solutions that you can use in order to improve your health and lifestyle. If you have any questions, you may post them until the end of the call and I shall be pleased to answer them. So, let's get started.

This event is focused on: "How to Use the Orange Color as a Remedy for Stress Relief".

You will learn:

- ✓ Why orange is the "must used" color, if you want to reduce your daily stress;
- ✓ Which qualities the orange color brings into your surroundings;
- ✓ What my own unique way is to use the orange color;
- ✓ What energy orange is and why it is so important for women's health;
- ✓ What makes it so different and unique as a color;
- ✓ How orange helped a friend of mine to heal her headache;
- ✓ Why to use orange color from now on;
- ✓ When to use it and in what ways;

And so much more...

Let me give you some facts you have to know about the orange color that may help you reduce your daily stress.

- ✓ **It strengthens your aura** as the orange color is usually associated with the Sun which is the most powerful source of life force, bringing light and warmth to the planet Earth and its beings, so it has a very strong healing effect.
- ✓ **It is the most cheerful color in life** because with its vibrations it raises your spirits and helps you be naturally joyful and vital, so as to smile and laugh more often throughout the day. As a matter of fact, laughter connects you to the common supportive energy-information field and increases your chance to create a stress-free and abundant life.
- ✓ **It stimulates your positive attitude to life and its challenges** that will certainly reduce your daily stressors in a very simple and natural way.

Orange helps you become happier and more balanced while doing your life duties and it prepares you for the new life challenges because it is the real color of movement and change.

Let me speak a few words about myself and let me share how I discovered the healing effect of the rainbow and introduced it to my everyday life.

I am Pravda and I help women deal with modern daily stressors. I started my blog in Internet, because I wanted to share my own experience in the field of daily stress management. And I especially want to help women reduce or even eliminate their stressors in these new energetic surroundings and life conditions we all encounter after 2012.

I worked many years in the fitness industry and helped many women be fit and get their desired body shape through physical exercises and healthy living.

I also passed many courses and trainings on personal growth and I have been working on my personal development and growth for many years *to finally find out* the best methods and practices which supported me to stay on track and to maintain my entire mind-body-spirit setup in harmony and perfect balance.

I used many different tips in the last years; I also did various energetic practices on a daily basis; so, after applying so many systems and techniques and as a result of my self-observation work and self-implementation work, I finally created my “stress-relief toolkit” for everyday usage. And color therapy is a part of this daily toolkit because it is one of my favorite ways to release the daily stress.

I posted many articles on my blog about how using a specific color you can reduce the daily stress in a very natural and simple way.

Now let’s talk about the impact of the orange color on the physical body. I prefer using all colors for different stress issues and needs that are coming up in the present moment *but especially for the people here on that call* I would like to share some of my best experiences while working with orange, as this is the most powerful color of the rainbow and if you get familiar with some of its qualities, you can easily introduce them to your everyday life.

I mentioned many times that the art of living “equals” the color therapy and it requires giving both love and appreciation for all the things you have at your disposal here now. The conscious implementation of more colors on a daily basis will help you manage stress in a very effective and simple way and will result in a better and harmonious life for you.

The physical parts of the body *which are* orange are the kidneys, lower back, abdomen, genitourinary system and lower intestines.

We all know how sensitive women are and they have the ability to feel 10 times deeper than men, but we as females often neglect our senses warnings like our intuition or our “gut instinct” which are *at times* more powerful than our logical mind. Usually the “gut instinct” acts like a ding-dong telling us, “Be careful now, something is going wrong”.

Orange is the color of joy. It is also the color of vitality and it represents our “gut instinct”. According to our physical body chakra and organ system orange is in the center, located between the navel and the beginning of the pubic zone. And I mentioned above it represents our “gut instinct”.

Orange is connected with the water element and we all know that water means abundance and emotions that are both feminine in nature.

In summary, orange has a very strong influence both over women’s body and mind and if you want to simplify your life it is crucial to start working with orange throughout the day.

Don’t forget that family and social relationships are also expressed in orange designating the feelings of light, warmth and comfort.

Now let's talk about the basic qualities of the orange color.

If you concentrate on them 2-3 times daily, you will significantly improve your health and lifestyle.

Orange is happy, energetic, emotional and very social color. It is also creative, optimistic and very friendly. Children adore working with it because it is very releasing, playful and joyful. Orange brings us the sense of well-being, health, abundance, pleasure and sexuality. It helps us let go of all worries because it is the color of happiness and joy.

Orange is:

- happy, energetic, emotional and adaptable;
- persistent, positive and optimistic;
- the most sociable color of the rainbow;
- creative, self-reliant, intuitive and friendly;
- pleasant, releasing and joyful;
- adventurous and signaling;
- the color of mental concepts and ideas;
- a symbol of warmth and prosperity.

Orange also strengthens our emotions, feelings and senses. It has a feminine energy.

Now let me share with you some useful tips you have to know in order to introduce the orange color to your everyday life.

When you understand what orange represents in life and which qualities are associated with it, you can then easily decide which of these qualities you are ready to introduce to your everyday life as they will help you achieve some things you want to have into your new reality, especially after December 2012, when we are living in a new world and we manifest things much faster than before. Using orange on a daily basis will help you achieve certain things in life if you use it willingly and consciously.

Let me speak about awareness, about how being aware of everything happening in life will help you understand that you are the master of your own reality and taking all the responsibility for it, that you are the only one who will decide what things you want to create and manifest in it.

Awareness helps you understand how things in life flow: when you set up your intention to repeat some "orange words" throughout the day you can easily introduce some "orange qualities" to enter your world.

Always is good to remember this:

Don't take yourself "too pushy" and don't take yourself "too seriously" because:

*When you put too much value on something, you could get attached to it - then you will overact to achieve it thus blocking the Universal support for you.

* In case of failure or when you feel unhappy and depressed you may want to use the orange color as an antidote: to increase your vitality and lift your mood.

Instead of just letting the negative experience go, you replay it again and again and here comes orange as a rescue remedy for stress relief.

If you want to learn more about how to detach yourself from stress instead of struggling with it you can download my free e-book at www.pravda-antonova.com/free-ebook

Now let's talk about how we can make the transformation towards a stress-free life.

It is beneficial to support your process of personal transformation with some simple but effective means, one of which is the usage of orange in your clothes and interior surroundings. The increased presence of orange in your everyday life will help you be more optimistic and creative. Thus you can support the transformation in your life and let go of all stuff that no longer serves you.

Using orange on a daily basis will also support you to:

- Let go of whatever worries you have throughout the day;
- Spare more time with positive and influential people;
- Let go of the past and do not think too much about the future;
- Be present now.

Let me give you some examples of using the orange color so that you can benefit from and create your own stress-free reality.

EXAMPLES OF USING THE ORANGE COLOR

or

/My own unique way of working with orange/

How I did it for myself?

Maybe some of you have already read the articles on my blog at www.pravda-antonova.com and know that I'm a big fan of silver jewelry and gem stones, because this is my way to handle with the daily stress. In this case, however, I decided to try something new and different in order to reduce my daily stressors.

I thought that there could be something more beneficial and appropriate for me, so *I started wearing orange nail polish (I painted my nails every week with orange polish)*. Now 2 years after I can assure you that the results are astonishing! I am so satisfied of how my life changed as a result of using this simple aid. Then I am impressed *by the soft and easy step by step changes of huge transformation that took place in my life without causing me big struggles and troubles as usual.*

I had to deal with many transformations during my life journey so far, but after applying orange therapy on a weekly basis I was able to do it with ease and grace. So, I can assure you that the orange therapy was the most comfortable way for me to face new life challenges and transformations especially after December 2012.

We all know that transformations are long-lasting processes and they have to be consciously done if we want to achieve a peaceful and abundant life as a result as any kind of transformations and changes make us feel uncomfortable with our lives.

So, this simple act of polishing my nails with an orange nail polish has changed so many things in my life: *in fact, challenges started to appear at a moderate pace and the majority of them were done without a lot of stress.*

So, based on my own experience I understood why orange is the color of movement and small step-by-step changes in life.

If you are interested in some other ways to implement orange in your daily program I can share another proven secret with you that has helped me a lot of times in my life.

It is very simple but effective: *to use of orange range in your everyday clothing as a remedy for stress relief.* As you know your skin is very sensitive to colors and when you wear orange garments you absorb directly through your skin the orange vibration which is the vibration of happiness and joy.

When you can simply use some orange accents or accessories throughout the day in order to be influenced by that powerful healing vibration. And if you are familiar to visualization as a practice for releasing stress, you can just visualize orange and how it is melting away all your negative emotions and daily stressors making you feel comfortable and capable of enjoying the present moment and all simple things at your disposal here now.

For example:

A simple visualization practice could be to see with your inner sight a beautiful beach with the calm serene sea and you are bathing in abundant sunshine that rejuvenates you and nourishes you forming an orange aura around you that heals all your worries and stress.

Now let's talk about the most common mistakes.

The Most Common Mistakes

Orange is the most rejected and under-used color in modern life. If you experience some difficulties while using it, it is probably because:

1. You are resistant to change.
2. You stay only in your comfort zone.
3. You often play the role of a life victim.
4. You are not tolerant to people and you don't accept others the way they are.

The first mistake you make is that you are resistant to change. After December 2012 we are living in a new dimension in which the timelines are accelerated and we manifest things much faster than before. The old world does not work anymore and we have to attune ourselves to these new life conditions and to change our attitude to life if we want to be fully present on the flow.

The second mistake is that you stay only in your comfort zone. Staying in your comfort zone is not a smart decision for you because in this way you stay only on a stage where everything is well known and secure. You don't take chances and opportunities life gives you in order to become the real master of our own reality.

The next one is that you often play the role of a life victim. You often complicate your life journey when you try to do all things and your motto is "I want it now and it should be my way!" You don't trust the Universe that it will bring you all the things at the right time and in the right moment when you are ready to accept them and you are allowing things to happen in a natural and non-persistent way.

Orange brings you positive attitude to life; it accumulates positive energy around you.

The last one in that you are not tolerant to people and you don't accept others the way they are. Remember that the only thing you can control is life is your behavior which consists of all these thoughts, emotions, feelings, words, statements and childhood patterns that are grounded in us my our family and surroundings.

If you constantly try to change people in order to be happy this is not the way to go!

I have written many articles on my Internet blog about the mirror theory stating that everyone and everything in your surroundings is your mirror reflection, because it shows you on the physical level that you need to change something deep inside yourself in that particular situation or with that person who becomes your teacher. So I suggest you to get acquainted with the mirror theory as its statements are true and valid in our everyday life.

And now let's talk about how you can use the orange color for a headache treatment.

In this part you will learn:

- How I have healed my headache with orange;
- How I helped a friend to do the same.

We often use the word "stress" to describe different situations which make us feel overloaded or depressed. I had a client who had the same issues as me – from time to time we both suffered from terrible headaches. She was my client of many years and did under my coaching many aerobic and callanetic workouts for a good body shape, but as to her health problems she always turned to the official western medicine looking for the magic pill which could possibly resolve all her health issues. We became friends and one day she asked me about the way I healed myself from headache. I told her some practices and techniques but she was very skeptical to them at that time.

A few months later she asked me again to share some of my healing aids as her headache still continued. I told her exactly the same things which I shared before, but now she was ready to give them a try.

Do you want to know more about that unusual way of treating a headache?

I bet you do!

The treatment is to use the orange color in different forms.

It sounds a bit strange and crazy to you, right?

But it works!

I started wearing orange clothes and then I put an orange sheet of paper on my desk at the office to look at it all day long. Orange is a shiny color associated with the energies of sunsets and sunrises. It can stabilize your emotions, because it is the most sociable and friendly color in the Light spectrum. It is the color of happiness and social contacts. So, I suggest you to start using more orange throughout the day.

Now let's talk about some "orange solutions" for daily stress and tension.

THE ORANGE SOLUTIONS FOR STRESS AND TENSION

- Do what pleases you – your hobby, some leisure activities or something that makes your heart sing;
- Do some physical exercises on a regular basis;
- Do some art activities or pay visits to cultural places on a monthly basis;
- Make some steps to socializing.

When you are under stress, you can, for example, practice simple dance movements for at least 10 minutes a day, preferably in the morning – and you will see the results in 21 days. Remember that socializing, eating together around the table with your family and friends, dancing and playing with your children, doing some art activities or cultural engagements, dealing with your hobby just for pleasure will help you reduce your nervous tension and enjoy the small delights in life in a very natural and rewarding way.

And now let me explain why it is so important to start using the orange color now.

Right now is the time for you to begin communicating willingly and consciously with our loving and abundant Universe as after December 2012 we are living in a higher dimensional reality and the energies are completely different than before. So we have to attune ourselves to these new conditions and energies in order to create our new stress-free reality.

And you can use abundantly orange for this as *it is the color of transformation and soul comfort, the color of movement, warmth, creativity, prosperity and joy.*

You can use orange:

- * When you feel that you have not been treated fairly;
- * When you need to move on;
- * When you need to face your hidden fears;
- * When you feel stressed or depressed;
- * When you start taking yourself too seriously; and
- * When your creativity is blocked.

Remember: you can use orange when you want something with passion and desire! The orange color will help you create everything you want in life through small but persistent changes which are quite easily to accept and do.

Remember, that orange gives us the ability to go through changes easily, because it is very adaptive and fluid.

Orange evokes in us the feeling of soul comfort and makes us feel well no matter what.

That is why orange can be our good friend in stressful situations and also when we deal with difficult people. Orange helps us overcome our grief and sorrows along the way.

You may achieve really outstanding results in life with the support and by the regular use of the orange color, especially if you use it consciously and devotedly!

I suggest you to think orange, feel orange, act orange and be orange now!

THINK ORANGE, FEEL ORANGE, ACT ORANGE AND BE ORANGE, NOW!

After many years on the path of personal growth I found out that all techniques and practices, which I shared on the call, were helpful for almost every woman I worked with. I personally tried them all and can verify their positive effect on reducing the daily stress in my life.

Every woman is unique and every woman has to find her own way to reduce daily stress, so I recommend you to start using color therapy in order to reduce your daily stress. If you want to learn more about the stress issue, you can visit my blog at www.pravda-antonova.com

Now, let me see if there are any questions posted so far. Let me check. Yes, there are some questions, so let me answer them.

➤ **How can we determine the intensity of the orange color we use for stress relief?**

There is a rule in general that the healing and stress relief effect of a certain color depends of its brightness or visibility on the physical plane. The brighter the color is, it creates slower and longer waves and has lower vibrations, so it has the less healing and stress relief impact on our mind-body-spirit setup.

For example, if you compare the color red with magenta, red is stronger but magenta represents energy of higher frequency which stays an inch above our head and forms shorter and faster waves with higher vibrations than the vibrations of red.

In association with that it is good to use the entire range of orange (from orange red to yellow-orange, golden orange and pink-orange) and it depends on people's attitude to this great healer which of its nuances they are ready to introduce into their life. For example orange-red is associated with fire and it has a very strong cleaning and clearing effect. Yellow-orange and golden orange have a very strong impact on creativity and mental activities, so it can be used for activating and strengthening of our mental body. So, in other words the most soothing and stress relief effect of orange would have the lighter hues, and especially the orange-pink color – the real color of joy.

As to me I have been using orange for 2 years now and the most suitable form I have found is to paint my nails with orange nails polish. And because I have a strong habit to paint my nails, orange is daily present with me in a very noticeable way, especially in my practice as a fitness instructor working with many women throughout the day.

I regularly change the nail polishes to be with different orange nuances but the main polish I use is pure orange, so that I can feel the vibrations of the color itself. So, this is my way of introducing the brilliant orange healing energy into my days and my surroundings.

The next question is:

➤ **Is there a recommendable scheme or dosage of application?**

As I mentioned above women have the ability to feel 10 times deeper than men but they usually neglect these feelings as well as their intuition and inner knowledge.

You may “feel” how much of the color orange to apply /and this is also valid for all other colors of the spectrum/ and observe it with your inner sight in order to determine when you feel good with it or you can simply look at different hues of orange on a sheet of paper so that you can choose which nuance you like to put it on your table or computer desk if you want to get the dosage that you need in an easy and simple way.

Remember that you have intuition and inner knowledge which are always at your disposal when you stop, relax and stay in silence with the intention to listen to the so called “quiet voice” within yourself and follow it without hesitation. Your intuition is your inner guidance and it knows what is best for you at any time and in any moment.

And another way to understand how much of the orange color is beneficial for you on a daily basis is to trust your “gut instinct’sense” as it knows what is really useful for you and what to avoid.

The next question is:

➤ **How is orange associated and combined with the other colors?**

Every color of the visible Light spectrum can be used in connection with the other ones. In fact Light has only one color- white, that is deflected in 7 rays when passing through a prism like the atmosphere of the planet Earth and we as human beings perceive the colors of the different objects depending on the extent to which they reflect the Light falling on them.

If they reflect the light completely, their color is white; and if they absorb the Light completely, their color is black. It is true also for us as energetic beings, the more Light we receive, process, reflect or give, the lighter our auric field is and the brighter we look like.

Everything is energy, Light is organized, radiant energy that brings information in the form of codes and patterns. Everything is vibration in the common energy- information field which we all share on the planet Earth, but we act in different bands of frequencies and as unique beings of Love and Light we treat and interact in different ways with the colors in life and nature.

The next question is:

➤ **Orange as a signal color is used for some special vehicles, uniforms, life jackets, etc.- isn’t that associated with creating more stress?**

I think that orange because of its higher visibility can be used as a signal color to help people while dealing with some urgency issues or when there is a danger down the road. So, in this case it is very useful and needed to use the orange color.

➤ **Can you give us some affirmations for using Orange on a daily basis?**

A good orange affirmation could be:

I choose to let go of my worries now!

or

I am healthy!

I am joyful!

I am energetic and happy!
I am unique!
I adore being with people!
I am satisfied with life and its wonderful opportunities!
I am a creator!

Let me see if there are more questions coming. Let me check again. I don't see any questions coming, so I would like to say "Thank you!" Thank you so much for attending the call and participating with questions. I hope this information will be useful for you! Bye for now! Till next time! Love and Light!