

Knock, Knock: Prevention Goes Door-to-Door • Enrique Sapene Hits New Heights

A&U

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Linda Lauren

New Jersey-based Linda Lauren, a psychic medium, energy artist, Reiki practitioner, and pet psychic, takes a unique approach to wellness by helping individuals connect to the forces that raise our spirits and aid us in healing: "It's important to know that we are comprised of energy and information. Science tells us that everything is energy. As energy flows it can be manipulated to respond to certain stimuli. In this case, the mind feels the energy for each color and creates a healing vibration. That vibration raises the spirits and improves your mood to assist in a mindset that promotes wellness.

"Each color carries a vibration that can be felt though the body, mind and/or spirit.

"Colors create awareness and enhance emotion. The color black is seen as good when we talk about being 'financially in the black,' but saying it was a 'black day' has a negative connotation. The color red is wonderful for hearts and flowers on Valentine's Day, but a "red flag" or being "financially in the red," doesn't usually bode as good news. It's important that people realize that they can be personally affected by the colors they surround themselves with." For example, blue is associated with communication, a calm, easy attitude, and promotes healing for teeth, mouth, throat, fever, infection, and burns, according to Lauren. Yellow is associated with decision-making and one's intuition center, emotions, and creativity; it promotes healing for the liver, stomach, and nerves. The colors' effects depend on the individual's unique response, as well. The colors, when combined, take on different meanings.

"In order to help the body, it's important to wellness to raise your spirits, for it is the spirit that strives to embrace positive vibration in order to heal the body and the mind."

Her energy art, she says, is "designed through intention to pick up your morale spiritually so that your focus is on improving your body and mind's ability to heal. My artwork is to uplift the mood and stimulate a vibration of wholeness."

Lauren continues: "I have personally experienced healing on various levels through the use of color therapy techniques. Many hospitals have services that allow a color therapist to visit patients and work with color visualization techniques for pain management. Progress has been slow, but more healthcare practitioners are incorporating forms of alternative methods into their programs as part of



Clockwise from top: Green Kyanite and Onyx Bracelet; Rhodonite & Clear Quartz Bracelet; Agate, Jasper & Onyx Meditation Talisman (three shapes); Labradorite, Onyx, Smoky Quartz, Amethyst Meditation Talisman

their overall care package. Meanwhile, you have Linda Lauren's Energy Art to help initiate you into the positive healing aspects of color."

LINDA LAUREN ENERGY ART

Personal Power: The predominance of purple helps to open insight and awareness while reducing the stress of everyday life. The yellow wraps around to keep emotion healthy and in control, while the greenish blue promotes healing on all levels. Orange will help with creativity, while the white affords you clarity and reason. **Rainbows of Love:** The rainbow is represented here as a means to achieve levels of love, understanding and prosperity. The orange/brown grounds you creatively, while the yellow and blue helps you communicate rationally and calmly. Purples and pinks are guiding you to follow the direction that is the most healing. Traces of white tie it all together to help achieve a clear path.

MEDITATION TALISMANS

Agate, Jasper & Onyx Meditation Talisman (three shapes): Meditate or carry in purse or pocket. These were created as a tool to connect with positive energy. Meditate with it, keep it near by, or carry it with you. Agate vanishes fear and promotes healing. Jasper offers protection and brings balance and contentment. Onyx releases negativity. **Labradorite, Onyx, Smoky Quartz, Amethyst Meditation Talisman:** Meditate or carry in purse or pocket. Made from rare polished, high-vibration Labradorite, this piece has the intention to offer healing and relief from anxiety and stress and promotes intuitive awareness. Onyx releases negativity. Smoky Quartz is grounding, comforting and creative. Amethyst will help with depression by offering inspiration and hope.

BRACELETS

Rhodonite & Clear Quartz Bracelet: Rhodonite soothes the nervous system. This gemstone vibrates with love and appeals to the inner child in you. Wearing this bracelet embraces relaxation and a sense of well-being. Clear Quartz is a master healer that fortifies and strengthens all systems of the body. The longer you wear our bracelets, the more you will connect with the energy of the crystals. **Green Kyanite and Onyx Bracelet:** Green Kyanite helps with meditation and restoring depleted energy. It is a soothing vibration and can help discern the truth of what one needs. Onyx is for protection and offers balance to the vibration of Kyanite. A great one to meditate with!

Tell Me More: All Crystal Pals products are charged with Reiki healing energy and are of the highest quality. **Who Benefits:** Ten percent of proceeds go to God's Love We Deliver. **How Much: Talismans:** \$50-\$80; **Bracelets:** \$75-\$100; **Artwork:** Prices upon request. **How to Order:** Access the on-line store and learn more about Linda Lauren at www.lindalauren.com.



Top: *Rainbows of Love*

Opposite page: *Personal Power*

