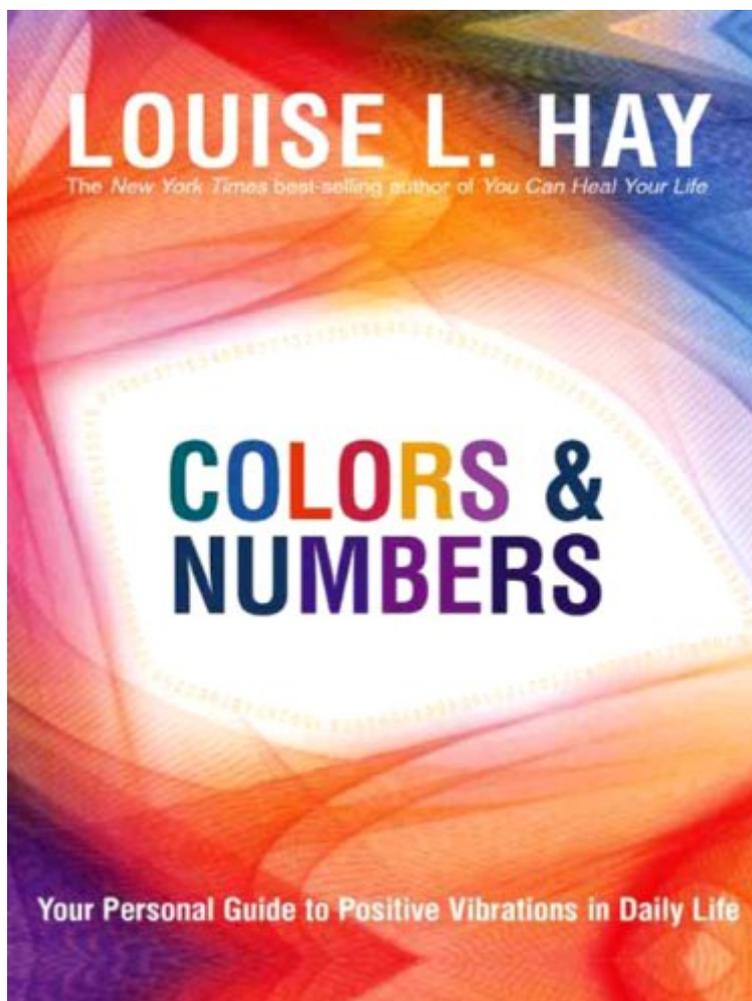


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# Colors & Numbers



## 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

File Size: 686 KB

Print Length: 80 pages

Publisher: Hay House; Revised edition (August 1, 2010)

Publication Date: August 1, 2010

Sold by: Digital Services LLC

Language: English

ASIN: B003Z0CNZC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #117,075 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle

Store > Kindle eBooks > Religion & Spirituality > New Age > Divination > Numerology #31

in Kindle Books > Religion & Spirituality > New Age & Spirituality > Divination > Numerology #242

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## Customer Reviews

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.

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