

Realization of Truth is higher than all else. Higher still is Truthful Living. (Guru Nanak, Sri Rag) The word Sikh in the Punjabi language means disciple, Sikhs are the disciples of God who follow the writings and teachings of the Ten Sikh Gurus. The wisdom of these teachings in Sri Guru Granth Sahib are practical and universal in their appeal to all mankind. These days, many natural therapists are using chromotherapy (coloring books) on their patients in interesting ways. They report success in recovery of stroke victims, and in others who have chronic depression. In the United States, chromotherapy is being recognised as a complimentary system to other therapies and treatments.

Chapter 39, Cross-Border Banking, Unsettled (The Chosen Series Book 1), Mid-life Magic. Designing the Next Chapter of Your Life, A Business Engagement (Duchess Diaries Series Book 1), Fire In The Bones: Bill Mason and the Canadian Canoeing Tradition, Bound By The Heart,

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