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### **Types of disasters; general introduction**

#### **The Red Booklet no.1**

This book speaks about primary physical Survival and related exercises and remedies.

#### **The Orange Booklet no. 2**

Speaks about the importance of a feeling of " We".

#### **The Yellow Booklet no.3**

Deals with coping and control of emotions.  
creating peace on an emotional level.

#### **The Green Booklet no. 4**

Directs help from the heart to others and oneself.

All the other books are connected with this book, making living from the heart a central point in life.

#### **The Turquoise Booklet no.5**

This book deals with the need for an honest and clear expression of feelings and considerations, in addition to the associated aspects of good communication and leadership.

#### **The Indigo Booklet no. 6**

This book is focused on the promotion of clear thinking and clear insight, which enables good overview of situations.

#### **The lilac Booklet no.7**

Is focused on the promotion of cosmic connectedness with the Universal Unity, the Spirit of Guidance and Healing.

(by means of breath, meditation, prayer and light-exercises).