

Our Colourful Times

WAKING UP OUR INNER RAINBOW

Colour Resonance Newsletter

Issue 82

JULY 2009

KRYON IN MELBOURNE!

As many of you know, I've long loved the Kryon books of channelled information brought to us by Lee Carroll, and have often included extracts in the Newsletter. We're not generally fans of channelled information and I've never before found any of it that made my cells tingle, but the information from Kryon/Lee always has. In February, Gordon & I attended the Kryon Seminar in Melbourne and were very touched by the whole weekend.

Kryon is a group energy which is predominantly feminine but is mostly referred to as "he" because the channelled information comes to us through a male. Lee Carroll is refreshingly and amazingly, clear of ego both in and out of channel. The channelled writings bear no trace of Lee's personality. When he writes or presents as himself, it's quite different to the channellings. He's always clear-headed and down to Earth, and has a great sense of humour.

It was really Gordon who discovered Lee/Kryon first. Although I had repeatedly picked up the books, I immediately replaced them when I realised it was just "more of that channelled rubbish!" but I was continually attracted to them. Gordon started to read the books and said, "You'll like this guy, he's always talking about colour." Really? So, I reluctantly picked up Book 1. Well, I was hooked after the very first page, and now I've read all 12 - most of them several times!

I love Kryon info because the information is so down to Earth. It's not fluffy-wuffy or "la-la", nor is it full of dire predictions and warnings. There are instead, gentle words of encouragement and enlightenment, and scientific explanations and predictions, many of which have eventuated. The books are written in a language anyone can understand. I read and re-read these books often. I always find something I'd missed before and, naturally, when found, it's always in perfect timing!

Lee was supported on stage by the beautiful music and engaging personality of Robert Coxon, and the Australian duo, Sacred Earth. The music from each of these artists took us to a place deep within ourselves. When Lee channelled Kryon's words, although carrying new information, it all seemed so familiar because, even when new to our human ears, our soul remembers the words from long, long ago. Our cells tingled as they recognised someone from Home.

How portentous that the only time in 10 years that Lee came back to Australia, was the weekend of the Black Saturday fires, and the only city in which he presented, was Melbourne. There are no co-incidences, but Lee made no claims and simply sent unconditional love to all who had suffered.

The best news of all came at the end of the seminar when Lee promised to come back to Australia, and assured us that, this time, we won't have to wait 10 years!

And so it is.

MONTHLY MEDITATIONS WITH SELMA & LINDA

Meditation and Healing Workshops

with Linda and Selma

"Living Through the Heart"

Come and join us on the **first Saturday of each month** to share sacred time in various meditation, healing and energy processes with ourselves and others.

This month's meditation features a Sound Bath

Facilitators

Selma is an anchor for the energies of the Divine Crystal Skull Consciousnesses and facilitator for various energy and healing processes including "The Work" of Byron Katie

Linda is Earth Anchor to the Crystalline Grid, Colour Therapist, Aura-Soma Teacher/Practitioner and Reiki Teacher.

The workshops are interactive and will include:-

Meditations, healing, guided energy processes, sharing, work with sound/colour/crystals and time to sit with/connect with Miranda

\$35 each or \$30 for two or more coming together.

Please book ahead: 07 3878 5953 04 1331 1208

linda@colouresonance.com.au

A LITTLE LIGHT A LOT OF PEACE & JOY

*My soul-sister, friend and mentor, **Sa Silvano**, would like to share one of her daily practices with you. Unfortunately I don't have enough room for the whole email, but here is the essence.*

The **first candle** I light is in the entrance hallway of our home. As I light this candle, I invite Great Spirit into my heart, my life and my home.

The **second candle** I light is in my kitchen, the place of nurturing and nourishment. I see the light of this candle lit up in the hearts of all people in the world igniting love and compassion within. I see the smiling faces and hear the happy laughter of every child in the world – everyone of them loved and fed and nurtured.

The **third candle** I light is in our lounge room. With this candle I offer my gratitude to earth mother and for all the abundance in my life.

The **fourth candle** I light is also in our lounge. With this candle I see all living beings – mitakuye oyasin – living in harmony with each other. All creatures upon our earth treated with love, respect and kindness.

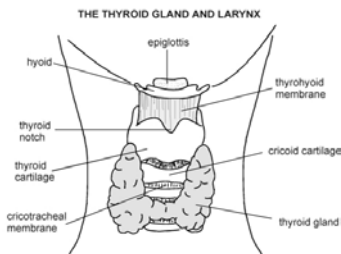
The **fifth candle** I light is in our prayer room, on my personal altar. With this candle I honour the preciousness and sacredness of the gift that is my life and I dedicate my life in service to our earth and all life upon her in whatever way I am called by Great Spirit to do.

Imagine if you will, the light of love that is lit up in your own heart with this small service; that the light you have lit both within and without touching the hearts of all beings; a world of love where all children are happy, all creatures are respected, all life is held sacred. Mitakuye Oyasin, **Sa**

BLUE & THE HUMAN BODY

Colour Therapy is a very ancient and very effective modality, but like all complementary therapies, it shouldn't be used alone in cases where a medical diagnosis is obviously warranted. In this series, we aren't looking just at the common aspects of colours we know so well but, much more particularly, at the way they act and react within our physicality. In this issue, we look at Blue.

Blue connects to the Throat Chakra, Vishuddha, and is about our expression. Physically, it covers the area from the top of our shoulders to the eyes. This includes ears, nose, throat, jaw, mouth, teeth and the cervical vertebrae. The Endocrine Glands associated with Vishuddha Chakra are the thyroid/parathyroid glands. This gland is often referred to as "the butterfly gland" because of its shape. It's sited over the larynx and is responsible in males for their "Adam's Apple" protrusion. The thyroid and parathyroid glands are a vital part of the Endocrine System.



The main hormones secreted by the thyroid gland are thyroxine and tri-iodothyronine. They govern fat and carbohydrate metabolism; weight loss/gain; protein synthesis; heart rate, blood flow to other organs; brain development; breathing; nervous system; body temperature; muscle strength; skin dryness

and, menstrual cycles. The most vulnerable people to contract a thyroid disease are those with other endocrine system diseases such as Type 1 diabetes, rheumatoid arthritis, and vitiligo (irregularly pigmented skin).

An underactive thyroid causes *hypo*-thyroidism which results in weight gain, fatigue and an inability to cope with the cold. An overactive thyroid causes *hyper*-thyroidism which speeds up the heart rate, and causes weight loss and an increased sensitivity to heat. Graves' Disease is caused by an over-active thyroid inducing a goiter. The symptoms are a swollen throat, bulging eyes, sweating and rapid heartbeat. If the goiter is very large, it may press upon the windpipe and make breathing difficult.

Hashimoto's Disease is a form of *hypo*-thyroidism caused by the body's immune system attacking the thyroid gland. Initially the patient may just feel tired and sluggish, and this is often attributed to age but, gradually, more obvious symptoms will develop. These may include increased sensitivity to cold, constipation, pale dry skin, puffy face and a hoarse voice. Anything that attacks one endocrine gland will affect all the others, so hyper and hypo thyroidism should not be taken lightly.

Pharyngitis, Laryngitis and Tonsillitis are minor throat ailments which, of themselves, are not usually serious. A sore throat is, however, often a symptom or by-product of many other, more serious, ailments, so always seek medical advice when a sore throat is persistent and the cause not obvious. Once the cause of a sore throat has been established, whatever the reason, using the Aura-Soma Bottle B1 and winding a blue silk around the throat will greatly help ease the symptoms.

The parathyroids are unique in that their function is singular. They are responsible only for the level of calcium in the blood. This is not only important for bones and teeth, but also for nerve function, muscle contractions, blood clotting and glandular secretions.

Low calcium induces the body to harvest calcium from the bones. High calcium may lead to kidney stones, low muscle tone and muscular convulsions.

The mouth, jaw and teeth are also part of the Blue Chakra area. Toothache can be eased by using oil of cloves topically for the pain, infection and/or swelling until you can get to your dentist and, also after treatment if there is any residual pain. (Caution, clove oil will badly stain surfaces, so do be careful with drips. Sadly, I speak from experience!) The Aura-Soma oil Physical Rescue (B1) rubbed on the cheek, and a blue silk wrapped around a hot pack or hot water bottle (gentle warmth only,) and then held against the face, may also help.

For ear ache, rub B1 around the outer ear, plus a source of warmth (hot water bottle or wheat bag,) wrapped with blue silk and held against the ear. This is often very comforting until you can get appropriate medical treatment.

The 7 cervical vertebrae in our neck are very delicate, so it's ironic really that they have to hold the fairly hefty weight of our skull and brain. These neck vertebrae form a gentle, concave arc, with the topmost vertebra being the atlas (C1) and the one just below it, the axis (C2). Together they play a crucial part in the movement of the skull, ie for nodding or swivelling the head.

When our Vishuddha (throat) Chakra is out of balance, then we may also have problems with speech. Speaking difficulties may include lisping, being unable to pronounce certain letters or vowel sounds clearly, and stuttering. One of the aids to help stuttering has been found in having sufferers *sing* what they want to say, rather than trying to speak. Blue is also very helpful when we have to speak in public or simply, speak up. When panic or fear sets in, our throat closes down and we find it difficult to utter even a single sound. Our mouth becomes dry, and our hearing is distorted. Blue helps the Chakra to stay balanced, calm and relaxed so the throat stays loose, our saliva glands function perfectly, and our hearing is sharp. In a calm state we are very present and, therefore, able to communicate clearly and succinctly.

Another area covered by the Blue Chakra is the top of our shoulders. When we spend too much time with our arms extended, the neck and shoulders can suffer greatly, so driving or being at the computer for long periods are the two most common culprits. The muscles across the top of our shoulders and the back of our neck, can often feel almost solid because they are so full of tension. One side is often affected more than the other and our spine becomes misaligned as the muscles on one side begin to tighten much more than those on the other. Shoulder shrugging whilst speaking is often a sign of emotional discomfort. It can develop into a nervous tic if not checked early on. Again, wearing or applying blue, will bring a sense of calm and aid the user in expression.

Blue is a "cool" colour and, therefore, a good pain reliever. (Deep Blue even more so.) It holds a cool, calm energy, that also brings with it a little detachment. This detachment not only helps us in difficult emotional situations, but also helps us to bear pain and discomfort. It "takes the heat out of the situation" in all circumstances. Most cold packs for bruising or swelling, have a blue gel, which psychologically promotes the feeling of coolness.

To rebalance Blue conditions:

Use all Blue crystals; Blue silks; Blue filter in a Colour Therapy lamp or torch; Aura-Soma® Sapphire Blue pomander, quintessence, essence, Equilibrium oils; (there are no light blue foods except blue smarties or M&Ms!) Blue clothes, especially scarves around the throat and décor; aromatherapy oils with Blue tones; Musical note G. Yoga exercises: The Bridge, Shoulderstand and the Plough particularly help balance the Thyroid glands.

AURA-SOMA NEWS

TEACHERS' LEVEL 1, TEACHERS' LEVEL 2 PERSONAL PRESENTATION SKILLS + more with AILLEEN DIVINE

For details of all Aileen's course, please call her,
(03) 8740 0410 620 972
amddivine@optusnet.com.au coloureduniverse.com.au

LEVEL 2 (Practitioner) TRAINING and PERSONAL PRESENTATION SKILLS

in **TASMANIA** 17th - 26th **September** 2009
\$750 (Level 2) \$390 (accommodation extra)
Course Bookings: Dione Guanyin or Paul Chapman
(03) 6393 7161

AURA-SOMA ANNUAL CONFERENCE in ADELAIDE

**Sat 3rd, & Sun 4th October 2009, and
Mon 5th October Fun & Leisure Day**

Take advantage of all the air-fare sales going on at the moment at come to this year's Conference in Adelaide! The Conferences are always worth attending, you learn heaps about the various ways that Aura-Soma is incorporated into many different modalities, and you get to meet students, practitioners and teachers from all around Australia. This year's Conference is hosted by Trish Michaels and Wendy Morris, and the Conference presentations will focus on the themes of fun, inspiration and celebration of colour.

I'll be presenting a very brief version of "Dancing the Rainbow", and those of you in Perth will know Felicia Sandover - she'll be presenting a segment on how she incorporates Aura-Soma with her very successful Bowen Therapy Practise. There are many other wonderful presentations - all sounding way too good to miss. For a full programme, contact your teacher, Marg & Harry Simon, Trish & Wendy, or myself, and one of us will forward the programme and booking form to you!

NEW BOOK FROM AURA-SOMA

Something many of us have been awaiting for a very long time. **ERIK PELHAM'S** book on the fabulous **BUTTERFLY & SEA ESSENCES!** Now available through Aura-Soma. Please contact your teacher or usual practitioner for your price.

THE KRONICLE MAGAZINE. It's a great idea to consider taking out an annual subscription to the Kronicle, the official magazine for Aura-Soma. Australia It keeps us up to date with all Aura-Soma news and always has interesting and informative articles written by teachers and practitioners around Australia, plus extracts from Mike's own teachings. contact **Jenette Youngman: 03 9893 1029**
jenette@optushome.com.au

TRINNY & SUSANNAH

These two fashion icons on "what not to wear" were on the morning news a little while ago, during their Australian visit. I almost rushed over and kissed the screen when they said something very dear to my heart! It has always seemed totally *nuts* to me that, just as the seasons turn darker and gloomier, guess what? The shops are choc-a-block with *black*; just to make our lives even more boring and depressed, as if the cold and the rain wasn't enough (in the southern states.) At least in the upper half of our country it's warm throughout winter and it's easier to get colourful clothes. I just don't know why cold and miserable weather means we have to have cold and miserable fashion!

There is absolutely no warmth in any of the neutral colours that have been foisted upon us for the last five years or so; black, white, grey, beige and, the ever-ghastly *taupe*. The only colour that appears worthy of teaming with these neutrals is apparently red. Red is a great colour, but it's far, far from being the only one to team with neutrals.

Trinny, (may the blessings of the Goddess be upon her,) commented on the "boring black, white and grey look so prevalent in Australia just now." She said, (I love that woman,) **"what we need in winter, especially, is more colour!"** Yes!

Hopefully, the rest of the fashion industry heard it too. After all, we can't buy what ain't on the rack, so let's hope we soon see lots of gorgeous colours throughout winter - every year. We can all help this happen by asking, every time we go into our favourite stores, "Do you have this in a colour It just might make a difference if enough of us actually express an opinion instead of just accepting the limited range of colour (ie virtually none,) that most stores give us every winter.

Good colour-generous stores are Benetton, Portmans, Sportsgirl. If you rummage in the racks enough, you can generally find age-appropriate clothes to fit and look great, no matter what age, shape or size you are. Go right to the back of the store as well. That's often where the better fabrics and designs are. If you feel deeper colours are more appropriate for work, then try chocolate brown and navy blue. Silver grey or cream look fabulous. If you can take a little more warmth then deep wine red, plums, rusts and russets are perfect.

So, if you don't want to get SAD (seasonally affected disorder) this winter, then find your voice and ask for some colour!

SNIPPITS

My doctor told me to stop having intimate dinners for four - unless there are three other people."
~ Orson Wells

Masterchef Judge Gary Mehigan used the last two lines of this quote on the show!

*"I am going to be a storm-a flame-
I need to fight whole armies alone;
I have ten hearts; I have a hundred arms;
I feel too strong to war with mortals-
BRING ME GIANTS!"*
~ Cyrano de Bergerac

HEALTH BENEFITS OF HATHA YOGA

I've been teaching Hatha Yoga since the mid-seventies and, although I have tried other styles I have never found another physical Yoga discipline that's as well-rounded, practical and suits so many people, as Hatha Yoga. As the advertisers might say "It's the original, and the best!"

Yoga is much older than most religions. In the early 1900s, evidence of a long-ago civilisation in the Indus Valley came to light when workers began digging to lay railway track. Artefacts were found which depicted Yoga postures and these were later dated to be at least 5,000 years old.

Hatha Yoga has certainly stood the test of time, and is the foundation upon which many modern exercise regimes are based. It has a 3-fold system; Pranayama, Asana and Savasana, (breathing, postures and relaxation.) As in all styles of Yoga, it's important to be very present to both the breath and the body. Mindfulness is an integral part of the whole process. Unlike some disciplines, however, the focus is not about getting your body into the perfect position at all costs, but rather about the journey towards that goal. With time, everyone can achieve far more suppleness and flexibility through Yoga practise, than they ever thought possible. Hatha Yoga is gentle enough for children and pregnant women; it prevents loss of muscular and skeletal integrity; it assists in restoring health and fitness after illness; it keeps our emotions calm and our mind clear.

All physical forms of Yoga give us an inner workout as well as an outer one. Our body has 10 major systems, and Hatha Yoga postures are beneficial for all of them. Each asana (posture) affects at least one major organ, usually more, and consequently work upon their associated endocrine glands at the same time.

The Endocrine System, is one of those 10 major systems of our body. It's responsible for the chemical exchanges which control our hormonal balance and flow. This is so important because hormonal imbalances affect our whole physical and mental health. It really is such a boon to many women to achieve relief from being a total slave to huge hormonal ebb and flow, whether during menstrual cycles, pregnancy, or menopause.

The endocrines are a bio-feedback system, with each gland needing to receive certain chemicals from fellow glands, in order to release the correct chemicals to others. If one gland malfunctions, it will affect all the others to a greater or lesser degree, and serious imbalances result in illness and/or complications. This is why diabetes often causes weight gain/loss and kidney malfunction. It's all part of the same system. Hormonal imbalance has recently been linked to mood swings and depression.

This is where holding the breath in or out is important in Yoga. The held posture allows time for a "gaseous exchange" not only within our lungs, but within every cell of our body. As we hold the posture with our breath either in or out, our intestines are massaged, kidneys gently squeezed and lungs expanded or compressed. The controlled pace of the breath also helps to regulate blood pressure and heart rate.

I currently teach Yoga at my gym and it's important to understand that gym work, aerobic and weight work all require different breathing techniques. In the same vein, most stretches in Yoga require the legs to be straight, but this is not a good idea when lifting weights! On the other hand, Yoga stretches are great to do as a cool-down routine after gym work of any kind. There are several which are also very beneficial as gentle warm ups. In future articles, I'll outline those postures, as well as giving some "sets" that are quick and easy to do at home.

You really only need 15 minutes every day to bring Hatha Yoga into your daily regime. Longer sessions are obviously more beneficial, but it's much, much better to do a little, than nothing at all. If you can't find a Hatha Yoga class near you, then shop around until you find another system you feel will suit you. We teachers love our own system best, of course, but all systems can be modified to suit individuals.

Hatha Yoga has many facets; not only does it work on our inner and outer physicality and our emotional and mental well-being, but it also assists us spiritually. Our physical and subtle selves are irrevocably bonded, and everything we do in the physical will have an effect on the subtle. Each major organ and endocrine gland are linked to a Chakra, and each Chakra is linked to a Subtle Body. (see chart below.)

There are many, many models of associated Body/Organs/Endocrine Glands/Chakras/Subtle Bodies. The subject is huge and much of it is still beyond our human understanding, even at the highest levels so, at best, this is only an indication.

CHAKRA	SUBTLE BODY	ORGANS	ENDOCRINE
ROOT	Physical/ Etheric	Male reproductive system, also bladder, bowel and lower colon	Gonads (adrenals in some systems)
NAVEL	Etheric/ Astral	Womb, ovaries, small intestines and upper colon	Ovaries
SOLAR PLEXUS	Lower Mental	Pancreas, kidneys stomach gall bladder	Pancreatic Islets Adrenals
HEART	Higher Mental	Heart & Lungs	Thymus
THROAT	Causal	Ears, nose & throat	Thyroids & para-thyroids
BROW	Manasic	Hypo-thalamus	Pituitary
CROWN	Christ/ Buddha	Cerebellum Nervous system	Pineal

COSMIC EVENTS 2009 SOLUNTRA KING

When Soluntra released her book of Cosmic Events for 2009, it was immediately obvious that the energy this year was going to be pretty Full On!! Soluntra's book is not about predictions or astrology, but concerns the phases and alignments of suns, moons and planets, including eclipses, solstices and equinoxes, and the opening and effects of certain stargates and cosmic doorways. Also included with each cosmic event is information on the Mayan calendar for that period.

Soluntra does not claim to be psychic in any way, nor a channel. This information comes to her through her Higher Self Guidance. I have always found this blessed woman to be a pure and clear doorway to higher knowledge. Her cells radiate with light, clear energy and she is incredibly grounded and clear. She is an amazing gift to the world at this time and I am filled with gratitude that she is on the planet with us and sharing this essential information with us and assisting us to evolve.

Although this cosmic stuff may seem a bit way out for some of you the paradox is, that Soluntra is all about coming out of illusion and into reality, being grounded and in our physical body. She shows us how do this this on every page of every book she writes, and every moment of every workshop she facilitates. We are blessed to have her.

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DO NOTHING THROUGH FEAR

Do nothing out of fear. Do not protect yourself through fear; do not pray or meditate through fear of what might happen if you didn't; do not stop going to places or being with people because you fear their energy. Do nothing out of fear because, in fear, you are doing nothing anyway. Instead, come to know, at the core of yourself, your Inner Divinity. This is pure Divine Light, Pure Divine Unconditional Love, pure Unity Consciousness. It's nothing you need to strive for, it just is.

Know yourself in all your glory; pure Divine spark that you are. Know that it's this Inner Light that is your greatest protection; this Inner Light is the sum total of all you have been, all you are and all you will be. It is enough, because it is everything. This Inner Light connects you to all of Earth, all of humanity and all of the cosmic universe - in all it's forms and dimensions.

Many upon the Earth now, are still unaware of their Inner Divine Light, and many of those who *are* aware, know it only intellectually. That's at least a start! The more you connect, feel and encourage that Light to grow, through grounding & connecting, meditation, contemplation, ceremony and ritual, the more the Heart will open to the concept of your Divinity. The Heart does not think, it only feels. This is not our physical heart, or even our Heart Chakra, but the energetic centre of all that we are. The more you actively work with your Light, the more you will feel your cells sparkling. Your subtle bodies and chakras will be glowing, cascading into iridescent rainbows all around you, threaded through with strands of pure gold-white. You are beautiful, you are Divine and you need fear absolutely nothing at all. This is your greatest protection.

ARTICLES

extract From the American Institute of Vedic Studies:

The Vedic ritual reaches its climax in the **Soma** offering, in which specially prepared plant juices are offered into the sacred fire (Agni) as the drink of the Gods. But this ancient ritual reflects a deeper internal ritual or alchemy of awareness that is its real import. In exploring this process, we will discover many secrets of the practice of Yoga, including the path of Self-inquiry or Jnana Yoga.

Soma is first of all part of a great universal symbolism. **Soma** pervades the outer world as water in its various forms on the earth and in the sky, as the sap of plants, the vital fluids in animals, the Moon, and even the waters (vibratory field) of space. **Soma** exists inside ourselves as a psychological principle of feeling, love and inspiration, including as our creativity that we manifest in diverse forms.

Yet beyond this, **Soma** is a spiritual principle, an aspect of the infinite and a key to immortality. In the state of meditation, the brain and mind naturally secrete a special type of **Soma** or nectar of peace and contentment, which reflects this spiritual **Soma**.

Ultimately **Soma** is the bliss of all existence, the Ananda through which the universe is created and into which it must return. It is this **Soma** or Ananda that is the prima materia or ultimate substance behind the entire world.

From Lee Carroll, via the Kryon website:

The following affirmations are made of highly sensitive and powerful words designed to help you through these times, channelled through the most sacred trio channel within our evolving world at this time, and you are being asked to say them exactly as they are.

This is not the time you can get creative with the words or play fast and loose with them. And here's to your Well Being as you walk on your new floor, experiencing your own brand New World.

"I now have 100% desire that all evolution is in peaceful harmony, balance, trust, and joy, as my sacred process continues to evolve."

"I now have 100% desire for compassion to fill all the chambers of my heart so that I am centred in Love."

"All that is valuable in human society depends upon the opportunity for development accorded the individual."

~ Albert Einstein

THE REIKI PAGE

I recently came across a Reiki practitioner who had been verbally attacked by other Reiki practitioners who said she couldn't do what she was doing. What was she doing? Using symbols that had been given to her during meditation. The Reiki community is often divided on this, as they also are, upon the question of whether they should adopt the new information on Usui Sensei, or stick with the fabricated version given by Madam Takata.

The truth is, that many, many people have been gifted with additional symbols during meditation or an actual healing session. It is not anyone's place to dishonour what another has received in Grace. The questions that arise for Reiki practitioners are these;

- are they the product simply of ego?
- should they be used on others in healing?
- should they be used in Attunements?

The first thing to be really clear on here is that the symbols given in Reiki II exist only in western Reiki. They have *never* been a part of traditional Japanese Reiki and are not taught there. The original symbols are simply ordinary kanji - Japanese writing characters - and have *never* been secret. Because the Reiki symbols have been used over many years, however, and for a specific purpose, in sacred initiation and healing, then for western Reiki practitioners, they have become *sacred*.

Whether Reiki symbols, or any other symbols, are used in a healing session, is a matter of integrity, conscience, and pure intent of the healer using them. Whether or not to use them in Attunement, is easily answered; if you wish to be called a Reiki Teacher and teach Reiki to others, then use the traditional symbols in the Attunement process. If, afterwards, you wish to share the extra symbols given to you, then that is a matter for your own discernment. If the Intent is pure, then no one will come to harm in using them, or having them used in a healing session.

Usui had not long brought through Reiki when he died suddenly. His work was done. Reiki had already begun to evolve, even so, and it is totally in accordance with Divine Law, that it continues to evolve. There is, however, the question of accreditation and identification regarding the multitude of healing methods available to us. If one says one is a Reiki Teacher/Practitioner, then one should be prepared for clients and students to expect a certain uniformity of treatment and/or Attunement. If you say you practice Reiki, then it should definitely resemble Reiki! Otherwise, simply call yourself a Healer and do what you wish!

It's fairly easy to find ways to honour existing western teaching, whilst integrating the new, proven, information regarding Mikao Usui and, the original way he viewed and taught Reiki. Sensei initiated approximately 16-17 of his students, all of whom continued to teach their own students, so you see, the Usui/Hashimoto/Takata lineage is far from being the only one. In Japan, there is no Grand Master; there are no outrageous fees; there are no workshops or set levels. There is just practise, practise, practise. In Usui's Reiki, what you feel, is far more important than who your teacher was! Nor was it ever about sticking rigidly, and forever, to a method which was still in embryo stage; a mere starting point, when he died.

Reiki truly is, a beloved, sacred, powerful, very effective, doorway to more than we can possibly imagine. It meets you where you are. The more you practise being with people in Unconditional Love and Unity Consciousness, the more your healing ability will manifest and strengthen, no matter which level you are, or which method you practice. Finally, some have noted that I do not use the title Master. Well, if you *ever* manage to *master* Reiki, do give me a call. No amount of money paid will ever make someone a master of anything. We can only try to be a pure channel of Divine Unconditional Love.

And so it is.

RECOMMENDED COURSES & EVENTS - EASTCOAST

Please contact facilitators directly for details and bookings.

MONTHLY MEDITATIONS

with Selma & Linda

1st Saturday each month.

See front page for details.

COLOUR COURSES with Linda Graham

THE PSYCHOLOGY OF COLOUR

PART ONE SUNDAY 27TH SEPTEMBER 10 - 5PM

Taking a much deeper look at what lies behind the meaning of colour by engaging our senses; mind-mapping; history, culture and nature; mandalas, and more. \$50

AURA-SOMA LEVEL 1 FOUNDATION with Linda

6 full days Mon 26th - Sat 31st October 2009 at Fig Tree Pocket 9:30 - 5pm each day \$600

Content includes: how Aura-Soma came to be; the meanings of the colours; hidden colours; missing colours; complementary colours; the two fractions; the four positions; how to give a bottle reading. Also, Pomanders, Quintessences, Colour Essences and Archangeloi Sprays. Certified by ASIACT UK

REIKI ATTUNEMENTS.

LEVELS I, II and III (Teacher)
by appointment

HEALING SESSIONS with Linda

Intuitive Healings with Colour, Sound & Crystals

Etheric Rescue (for past shock/trauma)

Aura-Soma consultations

Aura-Soma Chakra Balance Massage

All sessions \$60 each - except Chakra Massage \$70

Gift Vouchers are available for all treatments

SELMA ILIFFE & "MIRANDA"

Crystal skulls are high vibrational energetic portals –resonant heartfields interfacing with the energies of the Divine. As all crystals, they can be seen as the most pure form in which consciousness can manifest itself in this reality- "consciousness crystallised." As such, they are a powerful tool to support our healing and awakening. When we connect with a crystal skull, a sympathetic resonance activates that leads to healing at the cellular level – the body/mind interface. Whatever is needing healing or is out of balance will be brought into balance to the degree that we are ready. As we heal, we enlighten – we achieve greater clarity and integrity and are able to operate more lovingly and harmoniously in our lives.

for private sittings and more info: 02 6679 5654

WOMENS' COURSES & WORKSHOPS

with **Elizabeth Bradfield-Lotscher**

at FIG TREE POCKET, BRISBANE

Women's Soul & Body Wisdom over 2 weekends

23/24/25 Oct and 20/21/22 Nov

Mother Song - 7 week course

begins Wed evenings 4th August 2009

Enquiries: Elizabeth (07) 3379-1891

SOUL PAMPER DAY - with Lynda & Linda

A day of healing and self-discovery **\$50**

9:30am - 5:30pm Only 10 spaces available

Price includes 2 healing sessions, all art materials, morning and afternoon tea.

Sunday 16th August at Fig Tree Pocket

Sunday 18th October at Nambour

07 3878 5952 linda@colourresonance.com.au

YOGA CLASSES with Shaktiprem

Mondays from 7.30pm -8.45pm at The Gap

Wednesdays from 6.30pm- 8.45pm at Taringa.

Beginners welcome.

MASSAGE by appointment only

M: 0427 681 978

shaktiprem@brillianceinbeing.com.au

www.brillianceinbeing.com.au

Journey Into Heart

Sukhwinder Kaur (BA,MSW) Counselling Therapist, Accredited Journey Practitioner ("The Journey" pioneered by Brandon Bays), Reiki Practitioner, Art Therapy, Colour & Sound Healing. Services Brisbane to Byron areas.

www.journeyintoheart.com

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REIKI with Susan Davison

Reiki Share: Mondays 6:30pm

Meditation: Wednesdays 6:30pm

REIKI 1 TRAINING 3rd-6th August 6:30pm

REIKI II TRAINING 9th August 8:30am

Ph: 0438 151 600 susandavison@tpg.com.au

AT THE LYELL DEER FARM Mt Samson, Qld

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WOMENSPACE - Kedron, Qld,

Meditations, Meetings and Workshops.

A beautiful space for women to come together, with many workshops, library and rooms for hire, newsletter and more.

Glenys McChesney-Clark, Coordinator **07 3357 7444**

12-14 Homebush Rd, Kedron www.womenspace.org.au

RECOMMENDED WORKSHOPS & COURSES - WESTCOAST

Please contact facilitators directly for details and bookings.

Aura-Soma and other workshops

with Linda in Perth

Diary Note: I'm planning to come to Perth in March 2010 to run an Aura-Soma Foundation Course, and again in September 2010 to run an Intermediate. I'll have definite dates for you very soon.

SHAMANIC HEALING DAY

with Claudio & Sa Silvano

10am to 7pm - Sunday 2nd August 2009

Kookaburra Creek Yoga Centre, Bedfordale

\$150 *Bookings Essential*

Phone: 9434 5059

Mobile: 0403 699 479

Email: welcome@sacredradiance.net

Also:

MUNAY-KI SHAMANIC INITIATIONS

The 9 Rites of the Inca Shamans

FOUNDATION RITES 1-4

(Healers, Bands of Power, Harmony Rites & Seers)

WHEN: August 22 - 23 (Sat-Sun) 9.00am to 6.00pm

INVESTMENT: \$300

DEPOSIT: \$100 (to be paid by 10st August)

LINEAGE RITES 5-8

(Daykeepers, Wisdomkeepers, Earthkeepers & Starkeepers)

WHEN: August 29 - 30 (Sat-Sun) 9.30am to 6pm

INVESTMENT: \$300 DEPOSIT:

\$100 (to be paid by 10th August)

CREATOR RITE 9

(Spiritkeepers) and Living in Ayni

WHEN: September 5 (Sat) 9.30am to 6pm

INVESTMENT: \$150

DEPOSIT: \$100 (to be paid by 10th August)

For bookings please call Claudio & Sa on:

Phone: 9434 5059

Mobile: 0403 699 479

Email: welcome@sacredradiance.net

FELICIA SANDOVER

Bowen Therapy, Bush Flower Essences,

Young Living Oils, Healings, Workshops & Courses.

MINI NECK-WORKSHOP

Is your neck pain becoming a pain in the neck?

Are you aware that neck tension can be the cause of most headaches? The answer may well be in your own hands.

Invest only \$30 and 3hrs in the Gosnells area

Date: TBA

ALSO

"EASY, INTEGRATED HEALING TECHNIQUES"

A weekend workshop with Felicia

Dates: TBA

Expressions of interest appreciated for both workshops

Please register your interest by ringing Felicia

H: 93984489 M: 044 8066 717

MARK O'NEILL IN PERTH

1. THE GOLDEN DIAMOND LIGHTBODY

Wednesday 26 August 2009 7.00pm – 9.00pm \$26

2. OPENING TO THE POTENTIAL OF YOUR FUTURE

Sunday 30 August 2009 10.00am to 5.00pm \$100

BOTH AT: Cottesloe Town Council – Lesser Memorial Hall, 109 Broome St, Cottesloe. WA. 6019.

3. ATTUNEMENTS / MASTER HEALING SESSIONS

Personal sessions

Ky'lama / Mark works with a team of Enlightened (Ascended) Masters and Healers to transform your energy body and consciousness. 2 hours - Min \$150.

35a John St Cottesloe. 6015.

4. Extended Personal/Group Sessions.

Tailored to the direct needs of individual/group.

Venue: TBA

For much more detail than I have room for here, please contact **Mark** direct. **04 00 377 810,**

www.kylama.com info@kylama.com,

onmar33@yahoo.com.au

AURA-SOMA LEVEL 2 COURSE

with Paula Milner

WHERE: Birdsong B&B, Dunsborough WA

WHEN: November 09 Saturday 21st to Thursday 26th

CONTACT: dpmilner@iinet.net.au 04 1792 3374

COST: \$650 – accommodation available

CLARE Sandfead SHARP is now back from her extended visit to England and is once more at the Yanchep Markets, selling her beautiful hand knitted shawls and scarves. Clare is also available for Reiki Treatments by appointment.

Ph: **04 0752 3445 or 04 3523 6859**

COURSES with CLAIRE BELTON

1. YOGA CLASSES with Claire

2. LEARN TO MEDITATE and more. Learn and practice different techniques that include the use of breath, sound, mantra, and movement.

3. WALKING A SACRED PATH

Fri eve, Sat & Sun

Please contact Claire for current dates, venues and costs on all of the above. 04 0890 9779

claire@clairebelton.com.au

www.clairebelton.com.au

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EMAIL: linda@colourresonance.com.au
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