



# Our Colourful Times



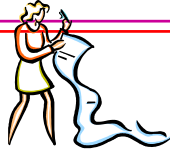
COLOUR RESONANCE NEWSLETTER

QLD ISSUE 01

JANUARY 2007

## LETTER FROM LINDA

*(It's a red letter day!)*



*Blessings Everyone and a very Happy New Year to you all. I hope your Christmas was spent in a loving and safe space, whether alone or in company, and that the New Year brings you much joy and happiness. Don't give up on making New Year Resolutions as, energetically, this is a very powerful time for us to make positive and permanent changes to our lives.*

*Gordon and I had a very quiet time over Christmas as it was the first time we'd been on our own since the boys were born, but it was sooooooo relaxing, we coped admirably! Our whole year seemed to be about doing less, and the theme carried through into every aspect of our lives. About the only thing we did more of was travelling. So far, we've not really been settled enough to do any decorating here but that is about to change. We're having fun making plans and working out where we'd like to begin.*

*Another change is with this Newsletter. As promised, there is a re-focussing on colour and, Perth and Brisbane will now have their own issue with practitioners and courses relevant to each state. Colour articles this year will take you through the colours via the primaries, secondaries and tertiaries, rather than going around the colour wheel as we've done in the past. For those who have done the Colour Wheel or Colour Psychology before, this will give you yet another perspective to work with. In this issue we look at RED then YELLOW in Feb and BLUE in March.*

*I'm really looking forward to giving healings, Reflexology and Aura-Soma® readings in Brisbane, as well as Colour workshops and Reiki Attunements. I'm also looking forward to visiting Perth again just after Easter 2007 to run some courses there. More details on that will be in the WA Feb issue.*

*Please feel free to contact me if you have any questions about any aspect of colour, and I'll do my best to help. Have a fantastic 2007 as Inner Light and Peace continues to grow within each one of us, and within the Earth. Let's be our Body of Light now!*

*Om Shanti, Shanti, Shanti. Linda xx*

## WEEKLY MEDITATIONS - FIG TREE POCKET with Linda

Coming together to fall deeper into all that we are. Finding our way to Peace through chanting, toning, guided meditation and silence. Each Tuesday evening - beginning **6th Feb 2007 7 - 8:30pm. \$10** includes light supper

*Please confirm your attendance on Ph: 3878 5953*

## COLOUR WORKSHOPS 2007

### THE PSYCHOLOGY OF COLOUR with Linda

Learning about colour is both fascinating and lots of fun. These two weekend courses will reveal the deeper meanings of colour and give you a sound understanding of colours within colours. By learning how primaries are the building blocks of the secondaries and tertiaries many, many insights result. The complexities and depths of all colours begin to unfold.

### PART ONE - THE PRIMARIES & SECONDARIES

Saturday 24th & Sunday 25th March 2007

9:30am - 5:00pm \$150

Sat - Red, Yellow, Blue

Sun - Orange, Green & Violet

### PART TWO - THE TERTIARIES

Saturday 21st & Sunday 22nd April 2007

9:30am - 5:00pm \$150

Sat - Coral, Gold & Olive

Sun - Turquoise, Royal Blue/Indigo & Magenta

All workshops will be held at my home in Fig Tree Pocket. A flyer will be available shortly with more details. In the meantime, please give me a call for more information (07) 3878 5953.

## THE COSMIC RAINBOW Noelle Leven

This wonderful book is about every aspect of Colour healing and is only available from one or two people in Australia. You cannot buy it from retail outlets. It's an absolute bible for anyone interested in Colour Healing and was written by my very first Colour Teacher, Noelle Leven. Noelle is a real font of knowledge on all aspects of colour therapy. Get your own copy of this great book for only **\$50 + post.**

## VISUALISATION FOR RAIN

As we know, when many people have the same idea or begin a specific practise, at some point, critical mass may be reached. When this happens, an energetic shift occurs. Australia is in much need of rain at this time and we can all assist the situation by using our power to create. Want rain? Visualise rain, as clearly as you possibly can, falling onto the Earth, filling the dams and nourishing the crops, plants and animals. (You might like to add a little rider that it's "just right" rain, otherwise we could go quickly from drought to flood!) See everything as being in complete harmony. We can do a great deal of good with our power of creation but the real secret is to see it as actually happening. Make it a fact in your own mind and watch how your thoughts are transmuted into action.

*Angels are really busy beings, so sometimes God uses regular people."*

## REIKI ATTUNEMENTS with Linda

We all have healing potential within us, and Reiki is just one way in which you can open up to this. I'm very pleased to finally offer Level I and II Reiki Attunements and training in Brisbane.

You may take Attunement on a 1-on-1 basis, or attend a weekend course. The advantage of a 1-on-1 is that you may choose almost any weekday to suit you, and the advantage of a weekend course is that you have much more time to learn the hand positions or symbols and will be able to practise on others. The group energy is also very valuable as it actually increases your personal experience as well as the group as a whole.

My aim in sharing Reiki with you, is to honour the traditional, whilst continually opening to the new crystalline energy flooding our planet. Your Attunement will be given in deep honour and respect, within totally safe and sacred space.

*Please call me for a flyer. (07) 3878 5953*

## MASSAGE at ESSENTIAL HART with Sally ICHA MIFA

For a blissfully relaxing and stress relieving massage, put yourself in the healing hands of Sally Hart. Sally offers Aromatherapy Therapeutic Massage and is a wonderfully caring and intuitive practitioner.

Ph: (07) 3376 9855 Mob: 04 0978 8162  
email: [sshart@bigpond.net.au](mailto:sshart@bigpond.net.au)

## HEALING SESSIONS with Linda

If you are stressed or need a little direction in your life or, you simply want to give some time to yourself, please come and have one of the treatments offered below. You will feel wonderful when you get off the table, relaxed, refreshed and grounded. There is no need to go through trauma to clear past shocks any more. That's old energy now. The new paradigm is for you to connect to your Higher Self Guide and trigger your own inner healing potential from within.

All sessions last an hour and a half, giving you plenty of time afterwards to "come back", ask questions and leave the session completely grounded. Colour, Sound & Crystal sessions are intuitive, with the format depending entirely upon the energy presented "in the moment."

<i>Aura-Soma® Bottle Readings</i>	<b>\$60</b>
<i>Etheric Rescue ( shock &amp; trauma)</i>	<b>\$60</b>
<i>Colour, Sound &amp; Crystal Healings</i>	<b>\$60</b>
<i>Reflexology with Colour</i>	<b>\$60</b>
<i>Aura-Soma® Chakra Massage</i>	<b>\$70</b>

**Appointments: 3878 5953**

## THREE KINDS OF COLOUR!

There are three basic categories of colour. (I can see all the women who have taken the Colour Diploma Course with me, nodding their heads - or at least, they should be!) The primaries of each of these categories are different so, consequently, they mix together differently too. This is an important aspect to understand when we start to investigate the colours within colour. One of the greatest tools available to us are the Aura-Soma® Equilibrium Bottles. They bridge the gap so beautifully between colours of pigment and colours of light and, because of the way in which two different colours can be shaken together, we are able to see, immediately, the hidden potential that lies within the shaken colours and, therefore, within ourselves.

The three different primaries are:

Primaries of Pigment: Red, Blue, Yellow

Primaries of Light: Red, Blue, Green

Primaries of Vision: Red, Blue, Yellow & Green

Whether you work with silks, gel paper lamps, crystals or Aura-Soma Bottles, a greater understanding of these primaries is essential.

More on this topic in the next Newsletter!

## THE PRIMARIES - RED

I always love to begin these colour journeys with Red because it represents the foundation of all things and the Earth itself, plus, the Red personality is just wonderful to study. Red is about our most basic issues - the need and the will to survive. It's pure energy and is all about drive and determination. It's also about our work, our finances (let's not be "in the red!") courage, tenacity, strength, and stamina.

Red is the colour of our blood and there are a myriad connections that stem from that aspect. Our blood is our lifeline. It brings oxygen and nutrients to every part of our body, and carries away the dross. It's what connects us to our "tribe" (family/culture/religion).

There's an aspect of separation in Red, connected with blood. We see it in the "coming away" of womens' menstrual fluids each month, and the baby and placenta coming away from the mother at the end of pregnancy. It's so true that we don't really begin to live our own lives until we leave our cosy tribal nest to venture out on our own - another kind of separation, another kind of birth. Whilst other colour personalities may be very reluctant to do this, Reds never fear the unknown and what it holds - they meet it head on.

Reds are never driven by their fears. They really don't quite understand that concept at all. If something needs to be done, well just get on and do it, is their motto and most likely, they will be the one that actually goes and does it! They are definitely "doers" not thinkers. Academia is usually just a means to an end. Not that they are unintelligent, but they don't *love* books, facts and figures like Yellow does. Data is just something that can be used to their advantage or not and, if it's "not", then they don't want to know about it. Even a non-academic Red will still have a natural edge over many of their competitors. They simply know how to survive. They may use instinct rather than intuition but it rarely lets them down. If nothing else, sheer determination gets them through. No wonder that Bulls, Elephants and Goats all have a very Red signature! Bulls and Elephants are huge, immovable, grounded and generally, not to be missed or messed with. Goats are something else! Goats represent that part of Red that's about sex.

If your partner is a Red (male or female), they can be encouraged to be more subtle and softer in their approach and performance, but they do need someone with absolutely bags of patience. They are often attracted to Tantra, initially because they think they will learn how to be hotter in bed.

Encourage them anyway, because the practices they learn through Tantra will actually help them be a much more considerate and tender lover. Red is, after all, very much about passion, but not *only* sexual passion. It's passion for everything. Eventually Red moves from mere passion into *compassion*.

The most commonly known attribute of Red is anger and it can have the unrelenting force of a volcano or bush fire (both Red). Out of control, it can crush, burn and smother everything in its path. An important lesson for the Red personality is to learn how to channel energy and passion into positive things. Once committed to do this, Red will definitely succeed. It's one of the most successful of all colour personalities for accomplishing anything it sets out to do. There are no half measures and you'll know exactly where you stand with them too - which is usually *not* in *their* space! From the first paragraph, we see that Red is about foundations, but it's also about boundaries - whether we have them, and whether or not we use them appropriately. The Red personality is a Leader, one who is not afraid to stick out their neck. Their style of leadership is very much "Because I said so".

Finally, Red is the colour of awakening and attention getting. Both nature and humans use Red as a warning sign. Many poisonous plants and berries are Red, as are stop signs and traffic lights. Although some studies show that people who drive Red cars are likely to drive faster, it's also the safest colour from the aspect of visibility. Our eyes are naturally drawn to Red no matter what form it takes. It's the colour to wear when you want to be very visible and ensure you have everyone's attention. Even Red perfumes are attention getting - they are heavy, pungent and long lasting.

Spiritually, Red is about the Root Chakra; the awaking of the Christed energy within us, and where Kundalini awakes to begin her mystic journey from the Muladhara (base) Chakra, through Shushumna (the spinal canal), up to Sahasrara (Crown Chakra). (Christed Energy is a very high frequency of Light which upvibes our cellular/DNA structure to facilitate greater consciousness.)

Red motivates us to begin this journey and sustains us as we travel. It's our anchor, our grounding, our rock. It keeps us connected to the Earth as we realise that we don't need to escape our physical body, but instead, can transmute it into our Body of Light. As we illuminate ourselves, we illuminate each other, and the Earth. Also, the more we are grounded and connected to the Earth, the more we are able to assist Gaia in her own transition.

## AURA-SOMA RED BOTTLES

There are many Bottles in the Aura-Soma® Equilibrium range that contain Red, but let's take a quick look at three of the main players. Firstly, Bottle 6 Red over Red, named "The Energy Bottle" relates to the outward journey of "The Lovers" Tarot card. Among other things, this card is about the unification of Twin Flames and the Divine Masculine & Feminine. The transformation of physical attraction into something far more spiritual. The return journey of B6 is B84 pink over red "Candle in the Wind" and shows the transformation from Red into Pink in the conscious mind. A softening which brings more love and acceptance.

Next we have B55, clear over Red, "The Christ". This Bottle relates to the Tarot card, "10 of Swords". A card which at first appears quite traumatic, but is quite complex in interpretation. It signifies the absolute and inevitable ending of something in our lives, but one which will bring enormous clarity if we can fully accept our mission for this lifetime. Much like Jesus allowing his fate to unfold, knowing full well what it would be. There is not only the possibility, but the promise, of a new beginning and a whole new phase of our life (Resurrection). Self-acceptance and self determination. (Minor Arcana cards do not have a Return journey.)

Finally, B89 red over deep magenta "Energy Rescue" or "Time Shift". This is the return journey of the "Strength" tarot card. The outward journey is B11 clear/pink, so we immediately see a strengthening and deepening of the colours has occurred. B89 often reveals someone who now stands fully in their own strength and power, but who has also come to realise that real power lies in unconditional love and acceptance. Finding strength in the little everyday things we do for others, and which they do for us. Unconditional love gives us the energy to continue when we least feel we can.

Red is very much about the Self and, in its raw form, it's unashamedly selfish. Part of the Red lesson, however, is to learn selflessness. Red gives us the energy to heal ourselves from within the very depths of ourselves so we finally learn to be self-accepting, self-supportive, self-aware, self-motivating and self-responsible.

I often use B6 and B89 for grounding after flying by rubbing the oil on the soles of the feet. B89 also helped me to connect to the Earth in a new place, in a new time zone. In using it, it seems that I am as much "there" as "here" but fully grounded and connected to Earth at the same time.

Sukhwinder is based in Tweed, northern NSW and offers the following Services; Counselling, Colour Healing with visualisation and silk scarves, Crystal Healing, Sound Healing with crystal singing bowls, Tibetan bowls, toning & energy chimes, and Energy Healing  
**Ph: 04 0651 3993** [sukhwinder\\_k@hotmail.com](mailto:sukhwinder_k@hotmail.com)  
*Sukhwinder's Healing Art can be viewed at*  
<http://www.sequinda.com/index.htm>

## THE PHOTON BELT

During a 26,000 year cycle, Earth transits a part of space known as the Photon belt for approximately two thousand years. By the end of the Mayan Calender, 2012 AD, our whole Solar System will be completely in the Photon Belt, which radiates high frequency Light from the Central Sun. Although there are still places of unrest upon our planet, as we travel further into the belt, these will come into more peace and we will soon be in what is called "The Golden Age." We are extremely fortunate to be on Earth at this time, with the possibility of experiencing such a wonderful period of grace and wellbeing.

*... "as we are one with the Earth, and as we unify, the Earth does not need to create great dramas to shift consciousness." Soluntra King*

**YOKO** - This sweet person recently began her transition on the first day of an Aura-Soma course in Sydney. Although we were initially in shock when she suddenly collapsed, this was soon replaced with feelings of being honoured and humbled to be part such a very important stage of her sojourn upon the Earth. Yoko began her transition phase, doing what she loved to do most. She was passionate about Aura-Soma and the signs and synchronicities which abounded for many participants during the next two days, just let us know she was still with us as we finished the course. Farewell Yoko, God Bless.

*May this be a truly wonderful NEW YEAR  
for you, full of joy and many colourful days,*

*Linda xxxx*

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**Don't forget to let me know if you move house,  
or get a new email address!**