

Our Colourful Times

COLOUR RESONANCE NEWSLETTER

QLD ISSUE 02

FEBRUARY 2007

LETTER FROM LINDA

As I write this February letter, the sun is shining brightly despite dark clouds gathering in the distance. The lack of humidity tells us, "no rain today".

Lately, there has been much talk of climate damage and possible solutions in all the media. with, as ever, conflicting "facts" being touted by all sides. It's such a shame that so many of us get caught up in the fear trap, because our fears absolutely will not help the Earth any way whatsoever. It seems so appropriate, therefore, that Yellow is the featured colour this month. One of the negatives of Yellow is fear and, conversely, it's also the main colour to help dispel it. When we go into fear and anxiety, our Solar Plexus Chakra is way out of balance. Too tightly wound, if you like. By applying Yellow light, silks, crystals, an Aura-Soma Equilibrium bottle or a pomander, we remind the Solar Plexus of it's correct vibration and, as it begins to come back into balance, we begin to relax and let go of our fears.

I'm being confronted by one of my own fears since coming to this house. Spiders! (I got over vampires by watching Buffy!) Brisbane doesn't just have spiders, it has massive spiders. I'm currently still in negotiations with the Spider Deva, but to date, we haven't quite reached a satisfactory agreement. I'm trying to love and accept the spiders, but "embrace" is a whole other concept! That's a lifetime more meditation!

Speaking of meditation, don't forget group meditation begins this coming Tues night at my place. I'd love to see you any Tues evening you feel like toddling along, even and especially, those of you who live out of town, but may be here for a visit. You'll be most welcome.

On another note, I've been trying to get some vertical blinds installed downstairs, but can I get any in Magenta? No, I can't. None of the companies I rang, or had come to the house to give a quote, even knew what Magenta was. I can have my choice of 96 shades of cream, beige or grey though. Heavy Sigh. I can see some innovation will be required here. Wish me luck!

Om Shanti, Shanti, Shanti. Linda xxx

WEEKLY MEDITATIONS - FIG TREE POCKET with Linda

Meditation can be experienced in many different ways, a silent walk, sitting quietly in a favourite spot or floating in water. For many of us, a chance to simply sit and "be" is all we need to begin, or continue, our meditation experience. During these Tuesday nights, you can take a moment to experience a variety of meditation tools and techniques which will be as valuable to beginners as more experienced folk. We will use a variety of chanting, toning, sacred sounds, guided meditation, breathing and silence.

Tuesday evenings, beginning
6th Feb 2007 7:00pm - 8:30pm
\$10 (includes light supper)
3878 5953 to confirm your attendance

DON'T FORGET TO FLIP IT!

In Australia, whenever we're in sacred ceremony which has its roots in a northern hemisphere tradition, it's very important that we remember to "flip the wheel." Here in the southern hemisphere, our centrifugal force follows a counter-clockwise direction, and our sun travels across the northern sky. So in order to honour the geomantic energies that govern this country, we should use its natural energy flow in all sacred ceremonies and rituals. This includes Feng Shui, Medicine Wheels and Celtic Wheels. If we can all be more conscious of the energies of this land, we have a greater opportunity to bond with the Earth in all her aspects. The correct placement for southern hemisphere wheels is: North= Summer, East= Autumn, South=Winter and East=Spring.

WOMENS' PLACES & SPACES

There was great debate just recently as to whether or not a certain mens' club should admit women. It's a no-brainer really, isn't it? The obvious answer is for we women to create our own places and spaces to come together with other women. The men need their mens' clubs, as much as women need womens' organisations. Our ancestors knew this and native peoples around the world still know it.

One of the spaces woman can come together is the gym! I recently joined **Fernwood Womens' Gym at Jindalee** and I'm just loving it. The atmosphere is just great, everyone is so supportive and I've already made firm friends there. It's geared for women and run by women. It's brilliant! So, let's not deny the blokes their space, as I sure as heck wouldn't want them to deny me mine!

REIKI ATTUNEMENTS - All levels

with Linda (07) 3878 5953

All Attunements are given in sacred space, with due ceremony and honour for the step you are taking. I'll be offering some Reiki weekends later in the year but, until then, I am available during weekdays (Monday to Friday) for one-on-one or pairs' sessions. Please contact me for a flyer, or call me to have a chat.

COLOUR WORKSHOPS 2007 with Linda

THE PSYCHOLOGY OF COLOUR with Linda

As you follow the colours in this Newsletter each month, you are looking at just a fraction of the meanings behind that colour. There is SO much more to discover, and the journey is amazing and fun and, for many past students, it's been life-changing. As a parent or partner, it can help you understand your family; as a practitioner it can give you great insights into your clients' difficulties. Best of all, it reveals more of yourself to you!

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

Live simply. Love generously.
Care deeply. Speak kindly.
And leave the rest to God.

AN AURA-SOMA QUICKIE BRINGS RESULTS!

(for Aura-Soma practitioners, especially!)

A beautiful friend of ours recently popped in for a quick visit on her way home. I couldn't resist getting her to pick 4 Bottles. Time was pressing so I gave her the quickest 4-Bottle reading ever! I was really only able to give her a few keywords on each colour, bottle and position, and zoom, off she had to go. The next morning, I was so touched to receive a phone call from her, saying, not only how much she had got out of the reading, but that she was now full of ideas and enthusiasm for working with her creativity again. So, don't ever think, you've never done enough, or said enough. Let the Bottles do their work; they never fail!

THE UNCONSCIOUS PRIEST/PRIESTESS

Following from page 1, it seems that, consciously or unconsciously, humanity has a deep need to come together in gender specific sacred space for ritual and ceremony. I have only recently come to realise that both my parents were involved in creating sacred space for others of their gender.

When I was a child, my mother used to meet with half a dozen of her friends each week, for afternoon tea. They took turns going to each others' houses and, wearing hats and gloves, they sat in a circle and chatted for an hour or so before we kids got home from school. Irreverently, my brothers and I called it "The Yakkity Yak Club". These were just ordinary, everyday working class women, but what I didn't realise then, is that they were in a sacred circle of sisterhood together; uniting regularly in ceremony and in sacred space to affirm themselves as women.

Now, when I look back, I can see that sacred space was created through cleaning and tidying and the arranging of chairs into a circle. Sacred offerings were prepared by the making of tea, sandwiches and cakes. Their ceremonial garb was one's "good" dress and wearing probably the only hat and pair of gloves they possessed. In great ceremony, refreshments were offered by the hostess (Priestess) to her honoured guests. Mum was always organising; outings, dances, get-together of all kinds. Mostly these were for women or women and children.

As my mother looked after womens' business, so my father attended to mens' business and there were also occasions when they worked together. In his spare time, my father acted as referee or linesman for local football (soccer) teams and eventually became Youth Leader of an all-boys' club. He was mentor, confidant and unofficial counsellor to many boys throughout the years. At home, there were always lads from the club who had just dropped in, and with my three older brothers and their friends, the air was thick with mens' business!

Only now do I see, that here were the unconscious priest and priestess, continually bringing people of their own gender together to share sacred space, ritual and ceremony. As men and women we all go through the stages of Youth/Warrior/Wise Man or, Maiden/Mother/Wise Woman, and we all have an Inner Priest/Priestess that knows, at each of these stages, how to create sacred space, and honour each of these phases. We seem to have a deep need to do this, whether we do it consciously or not.

What we seem to be remembering from the very core of our Being, is that unless each man or woman can honour the Divine Masculine or Feminine that we have chosen to embody and represent this lifetime, we cannot successfully merge into Wholeness. It's time to awaken our inner Priest/Priestess so that as men we can merge with the Divine Feminine and, as women we can merge with the Divine Masculine. United, we fall into Bliss.

THE PRIMARIES - YELLOW

Yellow is the second Primary Colour that we're going to look at in this series. A Primary colour is one that cannot be made from combining any other colours. It stands alone, whole and complete.

The three Primary colours of Yellow, Blue and Red are the building blocks of all the other pigmented colours. It's so appropriate that Yellow is among the first of the colours as it represents the spark of life: that explosion of energy which occurs at conception when the sperm enters the egg. Something more than physical happens in that moment. This beautiful Yellow flash is what alerts the waiting Soul that its chosen parents have provided the vehicle for its next Earthy experience.

Yellow has other forms of explosive light, such as lightning, bright sunlight and that intense "Aha!" moment of our intellect. Yellow is all about our intellect and its natural inclination towards facts, figures and logic. Quick thinking, problem solving and data analysis, are all qualities of Yellow. It's the colour of sharp wit, clever repartee and political satire. It reflects joy and happiness in such songs as "You are the Sunshine of my Life", "You are my Sunshine, my only Sunshine", "Yellow Submarine" and "Mellow Yellow" and, let's not forget the Ren & Stimpy song "Happy, Happy, Joy, Joy!" - definitely very Yellow!

This colour is the absolute antidote to depression, not only because it's about humour, but because it is the closest colour to Light. It has the ability to bring light where, seemingly, there is none. The smallest match struck in total darkness, immediately brings a warm yellow light to dispel the gloom. It's just impossible to be depressed and negative where Yellow exists. One of the great aids for those with depression is to get them outdoors, literally, into the light. Even better to do so early to mid-morning when the sun is at its most positive.

If the days are cloudy, then there are many ways to bring in Yellow; especially with fresh beautifully scented flowers like roses or freesias, which lift up our spirits on many levels. If you know you're prone to depression, don't get sucked into wearing or decorating with boring neutrals like cream, beige or grey, and especially not black. If you already have these neutrals in your wardrobe, add a colourful Yellow scarf. In the home, bring in some low cost vibrancy with Yellow cushions, window treatments, throws, picture frames, vases, rugs and so on. Otherwise, you'll be depressed even further.

Yellow helps us to think in an orderly way. It's the colour of mathematics, data analysis, graphs, pie charts, computer programmes and time and motion studies. Practical thought, expressed in practical ways. (Reds are practical "doers", Yellows are practical thinkers.)

Those born under the sign of Virgo are the most Yellow of all the Sun Signs, (despite their governing planet, Mercury often being aligned to blue.) Their attention to detail is legendary, and it's what makes them so good at whatever job they do, because they will do it extremely well. No stone is left unturned in the quest for excellence! Only another Virgo will really understand why pencils must be point-up, and biros point-down!

One of the negatives of Yellow is the aspect of fear. Fears become manifest when we don't really understand something, or have been misinformed. Correct information is essential for a clear mind. A balanced personality will naturally research facts that are presented to them. When we are *imbalanced*, however, then we are susceptible to fear-based propaganda, and any fact-checking becomes overly obsessive.

When the Sun Chakra is out of balance, people are uptight, nervous, controlling and will always find something to worry about. They will ask innumerable questions but never really listen to the answers because they are already waiting to ask the next question. They are always thinking (worrying) several steps ahead, playing the "what if" game. Anxiety can reach health damaging proportions. Many of the fears we see in this type of behaviour stem from control issues. Someone with a nervous disposition will often suffer from anxiety related conditions which affect the skin, such as eczema, dermatitis and psoriasis. Not surprisingly, exposure to gentle sunlight is one of the best aides for these conditions.

An obsessive need for control, shows that our ego, the Little Will, is running the show. This is bound cause difficulties on our spiritual path because to shift consciousness, we need to totally surrender to Higher Will. Our ego was given to us as a valuable tool to provide us with the drive and ambition to continue this Earthly life, despite any and all challenges. It was never meant to control every waking aspect of our own (or another's) life! The most valuable lesson for Yellow personalities, and anyone with a wonky Solar Plexus Chakra, is to let sound knowledge free them from the prison of the ego, to "Let go, and Let God" Then they can find the lighter side of life with all its joys, happiness and laughter.

AURA-SOMA YELLOW BOTTLES

There are many Aura-Soma bottles which contain Yellow, but two we'll quickly look at here are **B42 Harvest (Yellow over Yellow)**, and **B51 Kuthumi (Pale Yellow over Pale Yellow)**.

B42 - "Spontaneity combined with Joy." If you have chosen this Bottle to work with it may help you to absorb information more easily, and to retain what you have learned. The B42 Bottle is about what we may grow from the seeds planted within us. Just like an abundant crop of golden yellow wheat, fully ripened and ready to bring sustenance to others, the ability to learn and to pass on that learning clearly and accurately, is another kind of Harvest. The harvest of the intellect. The affirmation of this Bottle is *"From my outer learning, I create inner learning."*

B51 - "The intellect in search of wisdom." This Bottle is one of The Master Set and is named after the Ascended Master Kuthumi. There is an important link here, through Kuthumi, to the role humanity plays in reconnecting the Devas and Angels. For anyone doing Earth energy work, especially in the beginning, using this Bottle to connect to the Kuthumi vibration can greatly assist our intuitive knowledge and understanding of the Devic/Angelic alliance. The affirmation of this Bottle is *"I am standing at the gate and know that joy is just behind it."*

The Yellow Pomander will support either of the above bottles, and can also be used on its own as an everyday tool to strengthen the Etheric Body. It activates and sharpens our memory, helping with study of all kinds. It steadies the nerves and keeps us clear headed, and lifts our spirits like no other colour. Don't be surprised if it brings on a fit of the giggles!

The Kuthumi Quintessence is a truly beautiful way to bring in the energy of this Ascended Master. It assists us in grounding the Divine Knowledge we receive from the Angelic Realms, facilitating our work with Gaia and the Nature Devas. This is an important aspect of our Earthly existence; not to escape our physicality, but to utilise it for the benefit of The Whole. We can only do this beloved work in a physical body. Kuthumi shows us how.

The Yellow Colour Essence. Mother Nature cannot thrive without sunlight. The Yellow Colour Essences helps to bring more light and warm to the inner and outer parts of the planet where it is still dark. The Yellow Essence assists us to stop putting our own fears into the Earth, and begin working instead, from a standpoint of clarity and bright knowledge to bring ever-increasing harmony to the Earth and to ourselves.

Yellow releases us from fear and confusion, bringing great joy and happiness through clarity of thought, and a love of learning in all things; order without ego. It's the sunshine that opens the flower of our heart with gentle warmth, in order that we can more effectively absorb the knowledge received from our Higher Self Guidance.

HEALING SESSIONS with Linda

(09) 3878 5953

Aura-Soma® Bottle Readings	\$60
Etheric Rescue (for shock & trauma)	\$60
Colour, Sound & Crystal Healings	\$60
Reflexology with Colour & Sound	\$60
Aura-Soma® Chakra Massage	\$70

COLOURS OF VISION (SIGHT)

The way in which we see colour is amazing. Light and colour are interpreted by the brain, but to get there, lightwaves must journey through the physical and neural pathways of the eye. In a journey of nanoseconds, light first passes through the veil of tears which lies over the front of the cornea, then through the cornea itself and the *aqueous humour* on the other side, through the iris, into the pupil, the lens at the centre of the eye, through a jellylike substance called *"the vitreous"* and, finally, it lands on the retina the very back of the eye.

The retina has many highly light-sensitive nerve endings called *photoreceptor* which collect light. The middle of the retina is called the *macula* and at the very centre of the macula is the tiny *fovea* which has more photoreceptors than any other part of the retina. The photoreceptors are made up of rods and cones which convert the light into electro-chemical signals. The rods are extremely sensitive to the smallest amount of light, and are essential to our seeing anything at all, but it's the cones which help us to see and determine colours. They first sense the three primaries of VISION - red, green and blue, then work together to provide not only the basic hue of each colour, but thousands upon thousands of shades and tints of those colours.

Beneath these photoreceptors is dark tissue called *retinal pigment epithelium (RPE)* which helps to refine the signal. The converted light signal travels via nerve fibres to the optic nerve at the back of the eye, and this then carries the signal to the brain. It's only after the brain receives and interprets the signal, that we actually "know" that we are seeing colours and images.

*I hope you've enjoyed reading this issue of
"Our Colourful Times"
Rainbow Blessings,*

Linda xxxx

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