

# Our Colourful Times

COLOUR RESONANCE NEWSLETTER

QLD ISSUE 03

MARCH 2007

## LETTER FROM LINDA

*Hello Everyone, as I write this on a very warm and humid Brisbane evening, I'm typing with one hand, as the other arm is in plaster! My foot mysteriously whizzed out from under me as I was in a "Step Class" at the gym and I fell backwards. My left hand took the brunt of the fall and I fractured the radius, just above the wrist.*

*I had a week in a temporary half-cast which simply immobilised the bone whilst allowing the swelling to subside. A week later and more X-Rays and I now have a new fibre-glass, full cast which I will have to keep on for the next 4 weeks.*

*No doubt a little Cosmic Humour is playing out as, not only has it happened at Newsletter time, but it would be just as I decided to stretch this issue to 6 pages! There are several small items I keep bumping so that I can keep the Newsletter to 4 pages, but I received a hefty tap on the shoulder from "Upstairs" to include them in this issue. Why a good half of the articles needed to be typed with only one hand is a mystery that neither meditation nor pendulums have yet revealed!*

*I find looking down at the keyboard is very disorientating and I've never made so many typos in my life! It's slowing me down considerably as I have to correct almost every word I type. Never mind. Hopefully you'll get this issue before Easter!*

*This month's colour is the third primary, Blue, the colour that underpins all forms of communication., and, synchronostically, I have a brand new email address!*

*[linda@colouresonance.com.au](mailto:linda@colouresonance.com.au)*

*All previous addresses (grayhawk and optusnet) will now be discontinued.*

*Om Shanti, Shanti, Shanti. Linda xxx*

## WEEKLY MEDITATIONS - FIG TREE POCKET with Linda All Welcome!

*Each week, we will journey to the "The Peace that passeth all understanding" through breathing & relaxation techniques, guided and silent meditations, activations, chanting, toning, crystal bowls, Tibetan bells, bowls and tingshas, Elfen Chakra Chimes, Native American Drum Healing.*

**Tuesday evenings, beginning  
6th Feb 2007 7:00pm - 8:30pm**

**\$10 (includes light supper)**

*Please ring to confirm your attendance Ph: 3878 5953*

*"Arise children of the Sun. Awaken to the Song of your Celestial Heart of all there is. Embrace the Sun within your heart and shine it forth for all to see. Dance in the Golden Rays of Liquid Light. Be free, Be Joyful for Now is the Time." - Soluntra King*

## COLOUR WORKSHOPS 2007 with Linda

### THE PSYCHOLOGY OF COLOUR with Linda

Open up to the world of colours and their meanings. Where does this information come from? How and why does colour affect us? How to build and use a Colour Tableau for meditation.

### 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. Please give me a call for more information, or to register for the course. (07) 3878 5953 04 1331 1208 [linda@colouresonance.com.au](mailto:linda@colouresonance.com.au)

*"Mere colour, unspoiled by meaning, and unallied with definite form, can speak to the soul in a thousand different ways." ~ Oscar Wilde*

## SACRED CEREMONIES BRING A CHANGE IN CONSCIOUSNESS

I was recently asked why it was that many people seemingly valued cultures such as North American Indian, Celtic or Hindu, more than the culture they were born in? Actually, this is a great question! Why do we? What do we hope to achieve in trying to fill the empty bowl of our spiritual life with ancient traditions from a foreign culture? Why should we make a hoop drum, chant Sanskrit hymns and hold ceremonies in phase with the moon and the seasons? The short answer is, that these cultures often provide something which is desperately lacking in our lives today. There exists within many people, a feeling of deep disconnectedness which, sometimes, our own culture does not seem able to ease. It's perfectly natural, therefore, that we start to search for what will help us to fill that aching void within.

A common thread in almost all ancient cultures, is the observance of the cycles and seasons of our planet, giving thanks and having ceremony around the smallest blessing. The reason why we gravitate to, not only other ancient cultures, but increasingly to Australian Aboriginal culture as well, is that these cultures have retained their connection, respect and ceremonial honouring for Life, the Seasons, the Earth and the connectedness of all things. I wasn't even born in Australia, but the sound of the didgeridoo has a deep, spiritual calling that I cannot resist. It awakens ancient cellular codings within the DNA of my physical and subtle bodies. It reminds me where I am and, perhaps, from whence I came. It draws me to pay homage to Mother Earth and helps me "smell my way home." The sweatlodges I've attended in the past, based upon Lakota traditions, were profoundly instrumental in awakening me to a heartlink with Gaia, to the world of crystals and to the interconnectedness of the All That There Is. Learning about the Pagan seasonal cycle and rituals, gave me a new and profound insight into how we are shown, at every moment, how everything connects. "Like a circle in a circle, like a wheel within a wheel. never ending or beginning, just an ever spinning wheel."

We humans know that we have lost something precious, and we long to have it back. The Divine Feminine is rising in all aspects, and this will lead to a softer, more nurturing vibration which will profoundly affect the Earth and all her peoples. Our whole solar system is energetically feminine and we can feel this gentle, mothering energy flow through us more strongly at every sunrise as we reach out to draw it into our heart. Gratitude is the key ingredient of all sacred ceremony, and when we give thanks in mindful ritual, speaking directly from our heart, we awaken new Codings of Light within us.

The wonderful blessing of living upon the Earth at this time, is that we can take from these ancient cultures, just those things that really touch our heart, and we no longer need to practise what we don't believe in.  
Aho, Amen, Hari Om Tat Sat, Blessed Be, Shalom, Insha'Allah , Miyakuye Oyasin, Sena, And So It Is!

## MAKE YOUR OWN SACRED CEREMONY

There is no need to align to any one culture or belief system to perform daily sacred ceremony - we can make it up on our own! The only guide we need is our heart.

The more you observe the people, environment and events that are around you, the more things you will find to have ceremony about. An intrinsic ingredient of sacred ceremony is the heartfelt giving of thanks and, to find our blessings, we only need pay attention to what is; to be as completely and fully present as we possibly can, to each single moment. In doing this, something profound happens at the very depths of our being, and it moves us to honour all of Existence, in grace and gratitude. When we honour the place in which we live, take note of the seasons, the wax and wane of the moon, the passage of the sun across the sky, and the effect of centrifugal forces upon water, it leads inexorably to a greater awakening of our consciousness.

When it rains, don't just look up and say Oh, it's raining!" go out into the rain, feel the blessed wetness upon your skin and give sincere thanks to the Creative Force that manifested it. When you connect to Mother Earth, get your shoes off and stand beneath a large tree, so that you can really feel her energy supporting and surrounding you.

Make a special place in your home, no matter how small and go there each day to just be. Offer thanks, offer yourself, be open to Unconditional Love & Unity and feel the arms of The Beloved around you. Connect heart to heart with all of Creation and your Higher Self Guidance will do the rest. As you will read about in "Blue", this is a time for absolute surrender

So, sit comfortably, breathe slowly, light a candle and absorb the energy you are creating. Chant, tone, play sacred instruments and celebrate the wonderful, divine, radiant being you are, and the compassionate, loving energy that surrounds you always. In gratitude and grace, offer thanks to the blessed God/Goddess of your heart, at sunrise and sunset, at each meal and each little celebration of your life; and be utterly present to the moment. This is sacred ceremony. Do it each day at the same time, and it becomes ritual; a meaningful and loving anchor in the storms of life.

## JUST A LAUGH - from the Kryon website

*When you laugh, it echoes around the world and lifts up the spirit of all living things.*

*One pure, joyous laugh!*

*Like a butterfly's wings gently but surely change the currents of air on the planet, your happiness alters the whole of creation.*

*It heightens the mood,*

*It deepens the love,*

*It brightens the day of the many,*

*It blesses the Earth -*

*when you laugh.*

*~Spirit~*

## BLUE - THE THIRD PRIMARY

Blue is the colour of peace, protection and communication. It aligns with the 5th Chakra, Vishuddha, at the throat and governs how we express ourselves - not only in speech but in singing and writing also. Blue is not only helpful when we find it hard to speak up, but can also assist when we need to learn when *not* to speak. It underpins all forms of communication and we will learn more of this in both Turquoise and in Indigo/Royal Blue.

There is a paradox in almost all colours and, in blue we see it in the aspects regarding expansion and contraction. Our oceans on this planet are huge and seem to go on forever, likewise the sky above us - endless expanses! Blue, however is regarded as a cool colour and is associated with coldness and contraction, not expansion. Consequently, we use Blue to calm and soothe all kinds of situations.

This makes it an ideal décor colour for conference rooms, bedrooms, "time out" spaces, doctor and dental surgeries. Blue assists in reducing heat and swelling and is an excellent colour to ease the discomfort of bruises, small cuts, headaches, light fever, toothache, earache and all similar conditions. My first colour teacher, Noelle Leven, always maintained Blue was the very best colour to use for maternity clothes and all babies' night clothes and bedding whether boys or girls. Surrounded by Blue, the foetus or the baby, feels calm, protected and safe and, consequently the newborn has an easier delivery and the infant sleeps much better. A blue light can also be used in adult or childrens' bedrooms to assist peaceful sleep.

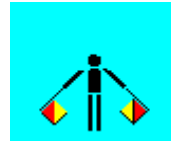
The aspect of protection in Blue can be seen in the way the ozone layer surrounds and protects our planet. Ozone is formed from electrical discharges or ultraviolet light acting upon oxygen. Ozone, whilst colourless as a gas, becomes pale blue when in liquid form. Many of our protective services dress in blue; police, airforce, navy, prison officers, Customs and nurses. Many transport company uniforms are also Blue (getting you home safely!) United Nations peace keeping forces, with their gorgeous sky blue berets, show the twin aspects of Peace and Protection working together.

The aspect of Peace as the colour Blue is intrinsic, and we add to those, the quality of our breath. As soon as most of us think of blue, beautiful lakes, rivers and wide ocean expanses come to mind or, the scintillating unbroken light blue of an Australian sky. Instantly, we take a deep breath and slowly let it out. Even in our continuing drought, where clear blue skies are not always what we'd rather see, we cannot deny the awe that the beauty and immensity of those skies awake within us. Water in any form has a magically calming effect, whether as a lake, stream, waterfall or, simply, precious rain. The most effective and calming guided meditations will usually have some mention of water.

As you see, this month's watermark is the "Ban-the-Bomb" sign from the sixties, for many years, the symbol I was

never without. Even today, it's instantly recognised all around the world as a symbol of a greater awakening to the peace we must have. It was first brought into being in the UK in 1958 by Gerald Holtom, a member of the CND (Campaign for Nuclear Disarmament) He based the symbol on the semaphore signals for N and D, and placed them within a circle.

N



D



Originally monochrome, there are now many versions and a Blue CND logo seemed just right for this month's issue. Those of you in Perth, will remember the simple "*Peace*" car stickers that Claudio & Sa produced and which Gordon & I still have in the rear window of our car. Without knowing the colour significance, the stickers were printed with white lettering on a blue background. Our heart knows the colour of peace, even when our mind doesn't.

In everyday language, we say, "I feel Blue", "She was blue with cold", "The air was blue when he found out". We speak of royalty as being "blue blooded", and here in Australia, we call an argument "a blue". When we say something is "cool" it harks back to the language of the African-American community in the 1920s. "Blues" music rose out of the old Negro spirituals and often portrayed the sadness and helplessness felt by a people held first in bondage and then in contempt. Often their faith was the only thing that kept them going. (Faith is another quality of Blue.) Retaliation brought dreadful punishment, so their only resource was to not get heated, to remain detached, stay "cool" and "chill" out.

Blue teaches us that communication is the key to greater harmony and understanding. This sometimes means truly listening instead of speaking, as Blue also governs our ears and the faculty of hearing. With the ears, mouth and throat governed by this 5th Chakra, we can easily see the link that Blue has with self-expression through voice-activated sound, ie speech, singing, and toning and most forms of "The Arts". Writing is the written expression of what we wish to say, dance and acting are the physical expressions.

To the Yogis, the throat Chakra was "The Gateway", and they tell us that unless significant work has been completed concerning the lower four Chakras, we cannot ascend to the the higher realms of consciousness that lie within the realms of the 5th, 6th and 7th Chakras. Kundalini can have some difficulty in getting past this important energetic "valve" and this can result in various medical conditions affecting the mouth, teeth, throat, nose and ears.

Working with Blue helps us to be calm and still, to know when to speak or to be silent and, above all, to *be* the peace we want to see in the world.

## SOME BLUE AURA-SOMA BOTTLES

**B2 Blue over Blue, "Peace" Relates to the Tarot card of "The Priestess"** Part of the Chakra set. A bottle for our time as, although Blue represents the masculine aspect in our culture, The Priestess obviously reveals the feminine aspect of Blue. This is the ultimate goal of humanity - the unification of the Divine Masculine and the Divine Feminine within the one body. The affirmation for this bottle is *"I breathe in Peace, I breathe out Peace."*

**B50 Pale Blue over Pale Blue "El Morya"** The bottle connects to the energy of The Ascended Master El Morya and helps us to move towards releasing our Little Will (false ego) to The Higher Will (God). If we haven't learned to "Let go and let God" whilst experiencing the lower Chakras, this is where choice turns into necessity. The affirmation of this Bottle is *"Let Thy Will be done through me."*

**B12 Clear over Blue "Peace in the New Aeon"** Part of the New Aeon Child set. This bottle is about shining light onto our difficulties so that, like "The Hanged Man", even when our world is turned upside down, we can still be at peace with "what is". It may be useful for children, especially in cases where their trust has been shattered, to find faith within themselves. The affirmation is *"The more Peace I feel, the more light I am given."*

**B60 Blue over Clear "Lao Tzu and Kwan Yin"** This bottle relates a little more to the Lao Tzu energy, as the matching quintessence relates a little more to the feminine energy. The clear colour at the base is representative of tears of suffering from the past, which may not have been shed. When the tears flow, they turn into pearls of wisdom. The Blue in the top allows us to use these pearls to gently speak our truth. The affirmation is *"I free myself from all limitations."*

**Sapphire Blue Pomander** - a great assistant when needing to feel a little calmer. Assists the flow of words when writing, going for an interview or speaking in public.

**Blue Quintessence** - brings in the energy of The Ascended Master El Morya. Assists us in the surrendering to Higher Will; to trust our Higher Self/God to work through us in perfect trust and Oneness

**Blue Colour Essence** - works to assist any other form of Blue we choose to work with. Also helps us to breathe in harmony with The Earth.

**Blue** has a nurturing and protecting quality which allows us to trust the process of surrendering our personality to find our true connection to Spirit.

## HEALING SESSIONS with Linda

at Fig Tree Pocket

<b>Aura-Soma® Bottle Readings</b>	<b>\$60</b>
<b>Etheric Rescue (for shock &amp; trauma)</b>	<b>\$60</b>
<b>Colour, Sound &amp; Crystal Healings</b>	<b>\$60</b>
<b>Reflexology with Colour &amp; Sound</b>	<b>\$60</b>
<b>Aura-Soma® Chakra Massage</b>	<b>\$75</b>

All sessions last approx one and a half hours.

**Appointments: (07) 3878 5953 04 1331 1208**

**[linda@colourresonance.com.au](mailto:linda@colourresonance.com.au)**

*Gift Certificates available, tailored to your needs.*

## A LITTLE BLUE STORY - from Pierce Butler

On an earlier visit to his dentist, Pierce had noticed that the décor was Blue, and how appropriate that was. Blue is the best colour to calm nervous patients, and it also relates to the mouth, jaw and teeth. On that occasion, he didn't say anything to the dentist.

On a more recent, return visit, he noticed that there was now a new treatment chair, which was also Blue. This time, he mentioned what an ideal colour the chair was and told the dentist a little bit about the psychological effects of Blue, including the aspects of communication, and how it helped people speak out.

The dentist and his nurse didn't say anything immediately, and Pierce first thought they were just, either not interested or, that they thought he was completely off his trolley! Eventually, the dentist shook his head and told Pierce that what he had told them was just so amazing.

Apparently, their patients had previously just come in, had their dental needs seen to, and off they went. More recently, however, they had noticed that more and more patients weren't only becoming more chatty than usual, but some had really unburdened themselves and shared very personal and emotional details of their life.

Up to this point, they were at a complete loss to understand why this was suddenly happening. After Pierce told them about the link between Blue and communication, the dentist immediately realised that it coincided with the arrival of the blue chair. (Even Pierce felt free to communicate his knowledge whereas, before, he had kept silent!)

## BLUE

*Beloved, surround and protect me*

*As I breathe your Essence into my heart.*

*My will is Thy Will, as two become One*

*No separation now.*

*I surrender to Spirit all that fragments me.*

*I release duality, to experience reality.*

*I float in the endless ocean of unconditional love*

*Vibrating into invisibility.*

*Present to each new molecule of consciousness,*

*I awaken to the Mother/Father God, I AM.*

## THE REIKI PAGE

For sometime, now, I've been wanting to dedicate a little bit of space of the Newsletter to Reiki, but there never seems to be enough room. I'm not sure if we'll end up with 6 pages every month, but I'm sure I'll receive guidance about that.!

For all those students who have taken Reiki with me. I hope you'll find this part of the Newsletter will both support and encourage you in your Reiki practice.

There are so many healing modalities to chose from these days that it's often confusing to someone who has been newly called to learn. Which one is best? Truthfully? Any one. All healing modalities are nothing more than doorways to your own Higher Consciousness. No matter what claims are made by any of we teachers, the healing modality will only be really effective if the practitioner is working from their heart, selflessly and with no agenda.

I have known people who have only taken the first level of their chosen modality, who have become the most amazing, effective healers.

Taking further levels of any modality is useful; because there is always something new to learn which you may not have intuited, but is it absolutely necessary? No. What advances your receptiveness and effectiveness as a healer is simply the connection you make with Spirit every day.

Thanks to the internet, we now have new, and more accurate, information about the origins of Reiki and it's founder, Dr Mikao Usui. Reiki always was, and still is, taught in Japan as a very, very simple process; there were and are, no formal levels to "take" and symbols are not used. After Reiki was taken out of Japan, it was vastly altered and, for many years, we were taught a totally incorrect version of Usui Sensei's life. Gradually, we are returning to a more simple form of Reiki, with emphasis upon practise rather than form. This frees us from ego "musts" and "must nots". No healing modality should be overly complex or so full of rules that we begin to operate from intellectual fear instead of unconditional love.

All modalities grow and change, as we should grow and change. Rigidity and following strict formula, block the subtle flow of Divine Energy. How can we hear our Higher Self Guidance if our head is too busy with "getting it right"? If we didn't learn it in Red, we should really try to learn it now; to "Let go, and let God."

## 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 in Brisbane 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 just to have a chat.

## WHY TAKE REIKI ATTUNEMENT?

No reason at all unless you feel drawn to it! I continue to teach Reiki because it was the catalyst for, what turned out to be, my "next step". In both Reiki I and Reiki II, I had a profound experience. I didn't understand them at the time but I now know that, on each occasion, I was flooded with new codings of Divine Light Energy. My whole vibration was altered and it allowed me greater understanding of how Spirit moves within and around us.

The more I practised Reiki, the more this understanding grew. Much later I began to understand that it wasn't that it was Reiki, it could, in fact, have been anything. It was much more about constantly connecting to The Divine and working with pure love and trust that over time lead me to greater and greater insights.

Initially, I didn't feel the pull to teach Reiki but, one day, there it was, quite unexpectedly. Even after I took my full Level III training with beloved Sa, it was still some time before I actually began to teach. What I discovered was that I had been given a most wonderful and valuable tool to help others begin their own unfolding. In any and all healing modalities, we discover that healed and healer are One. Divine Energy does not discriminate. We are already that which we seek. Reiki Attunement is a beautiful and uplifting experience, open to all.

*I hope you've enjoyed reading  
"Our Colourful Times"*

*Love & Blessings, Linda xxxxx*

**NEWSLETTER SUBSCRIPTION is \$10.00 for one year.  
IF THIS BOX IS TICKED, YOUR SUBSCRIPTION FOR  
POSTED EDITIONS IS DUE FOR RENEWAL.  
(Emailed version is free.)**

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EMAIL: [linda@colourresonance.com.au](mailto:linda@colourresonance.com.au)  
**Don't forget to let me know if you move house,  
or get a new email address!**

## UPCOMING EVENTS - EAST COAST

*Please note: I usually only include notices about practitioners I've actually met, or events that I've taken part in, so that I can recommend them wholeheartedly.)*

### COUNSELLING FROM THE HEART

**6th - 11th March** with Rahasya (Dr Fritjof Kraft) at Byron Bay.

You'll need to be quick to join this course which begins on Monday, but it will be well worth it. This is counselling at its most sincere and most profound. I've completed the course several times and feel it's one every practitioner should attend. If you wish to know more, please contact Pavitar PH/FAX **02 6685 1575** Mob: 04 3845 1615 [eventsatbyron@aapt.net.au](mailto:eventsatbyron@aapt.net.au)

### MICHELLE MACGREGOR - SOUND

**HEALING The Sacred World of Crystals and Crystal Bowl Healing.** 1-day workshop with loads of information and hands on experience. **10th March**

9am - 4:30pm *Willoughby NSW* \$165  
Michele Macgregor MEHA ASIACT  
[www.heartandsoulatwork.com](http://www.heartandsoulatwork.com) Ph: 9967 4664 (business hours)

### LYELL DEER FARM

Full Moon Drumming, New Moon Womens' Circle, Medicine Drum Workshops, Peace Fire, Sweatlodges and more. *Contact Maureen for the current monthly programme or to be added to her Newsletter mailout.*

**LYELL DEER FARM** 5 Lyell Court, Mt. Samson. Qld. 4520 Ph 3289 4270  
Fx 3289 4334 Mob 04 0209 2741  
Email: [info@lyelldeerfarm.com](mailto:info@lyelldeerfarm.com)  
Website: [www.lyelldeerfarm.com](http://www.lyelldeerfarm.com)

### WOMENS' GIFT CIRCLES

[www.shematrix.com](http://www.shematrix.com).

An opportunity to share with other women  
**Friday 16th March 2007**, Friday 13th April 2007,  
Friday 11th May 2007

6.30pm arrival, 7pm start - 10pm finish  
Please bring a small offering of food to share, a cushion, water bottle & a gold coin donation  
RSVP Rose Ph: 04 0819 9687 07 3357 7903  
[roseweaver9@hotmail.com](mailto:roseweaver9@hotmail.com)  
Gift weekend in Byron Bay in April this year. Further information on Shematrix website,

### FERNWOOD WOMENS' GYM -

A fully equipped gym run by women, for women. Personal training, nutrition, child care. Group Classes include Bodypump, Yoga, Bodystep, Pilates, Body Attack, Tai Chi, Studio Cycle, Swiss Ball & Body Balance and lots more! I go to **Fernwood Jindalee**, Ph: (07 3279 5727) or, check the website at [www.fernwoodfitness.com.au](http://www.fernwoodfitness.com.au) to find a Fernwood gym near you.

## SMALL BUSINESS WORKSHOPS

### with Carol Hanlon

Carol has *extensive* business experience and knowledge to share with you, so don't miss this opportunity to attend her workshops. Although her background is in the fashion industry, she is able to assist with *any* aspect of small business. Colour is an important part of clothing and décor, so it would be wonderful for those of you involved in Colour to go along and see how you might use colour in yet another way. Great for anyone starting a small business or wishing to expand their business.

### WORKSHOP DATES:

#### Wed 14th March, Caboolture

Local enq to CBEC Phone: 07 5495 4944

Fax: 07 5499 1763 Email: [cbecmgr@bigpond.com](mailto:cbecmgr@bigpond.com)

#### 16th & 19th March, Airlie Beach, Mackay

local enq: Shirley Hendry Ph 07 4948 0206

email [admin@mconsult.com.au](mailto:admin@mconsult.com.au)

#### 21st & 22nd March, Cairns

Local enquiries: Sue Fairley 4095 2850,

Eve Stafford 4093 7434 or 4051 4433

or contact Carol's Perth office -

Ena Zhou 08 9479 3777 Fax 08 9479

[info@tcfaustralia.com](mailto:info@tcfaustralia.com)

### *Discover your Soul in Central Australia*

**May 11th– 16<sup>th</sup>, 2007** 5 nights/6 days in the spectacular scenery of the Ooraminna Ranges, 45 mins southeast of Alice Springs, NT.

**VICKI ENGEHAM** – International Colour Teacher,  
**CHRISTINE MORRISON** – Sound Healer, Composer and  
**BOB RANDALL** – Aboriginal Elder, Uluru  
Contact: *Christine Morrison* Ph : (03) 5562 9316  
Mob : 0408 181 208

PO BOX 272 Warrnambool VIC 3280  
email: [christine@christinemorrison.com](mailto:christine@christinemorrison.com)  
[www.christinemorrison.com](http://www.christinemorrison.com)

### AURA-SOMA LEVEL II with Vicki Engeham

on Magnetic Island

**25th - 30th May 2007** (Residential)

PH 08 8952 7475 [colourtherapy@hotmail.com](mailto:colourtherapy@hotmail.com)

### "SOUL DREAMS - 7 STEPS TO TRANSFORMATION"

#### working with The Tree of Life

with Alysea McArtney at The Sanctuary, Alice Springs  
**5th - 8th October 2007** \$800

(inc tuition, accommodation & meals)

Alysea says *"The Tree is a Spiritual life-coaching tool with deep mystical and esoteric teachings. The '7-Steps to Transformation' are revealed to us through our soul dreams. Learn how to link these dreams to your state of consciousness."*

Ph: (80) 9454 7595 or [alysea@colourinu.com.au](mailto:alysea@colourinu.com.au)