

Our Colourful Times

COLOUR RESONANCE NEWSLETTER

QLD ISSUE 04

APRIL 2007

LETTER FROM LINDA

The very best thing I have to share this month is that the cast has been removed from my arm. The first thing I did when I got home, was to slough all the dead skin and slather heaps of B1 (Blue over Deep Magenta,) all over my hand and wrist. They're totally immobile at the moment, so the next part of the journey is to get some flexibility and strength back.

Recently, I've been attending a Womens' New Moon gathering at Lyell Deer Farm, following the lessons of The 13 Clan Mothers. There's a colour associated with each of the 13 months, and this has set me on a whole new path of discovery which has been very challenging, endlessly rewarding.

Heaps of people have emailed me with the mini slide show "You Are the Light" It's more or less what Alaya and I shared in "Lessons of Light" a couple of years ago and it would have made a great promo for us!

<http://www.meditativemovies.com/index.htm?s=T>

You know, sometimes "Fashion" needs to be taken to one side, gripped tightly by the throat and given a damn good shaking! It's is going through an absolutely dreadful phase of bland neutrals, ugly muddy colours and boring black. Let's put "Fashion" on the Naughty Mat until it straightens its ideas up.

*The world needs colour and light, and plenty of it, in every facet of our existence here on Earth, so why not contribute to that? Let's all take a stand and tell our architect, decorator, stylist and favourite boutiques, that we really **don't** want to be boring, bland and dull, but clear and vibrant, so we can actually **look** as alive as we feel. Let's refuse "Fashion", membership to the exclusive club that is our life, and tell it to pull its borinly coloured socks up! It's time we got the colours we really want, instead of the ones someone else decides we should have!*

Yours in vibrant rainbow colours! Linda xxx

WHAT YOUR BIRTHDAY BOTTLES REVEAL ABOUT YOU!

This one-day workshop, uses the beautiful Aura-Soma Bottlesto help you find out the meaning of the numbers and colours of your birth date. It will also act as an introduction to the Aura-Soma bottles if you are new to them, or deepen your understanding if you already know them. There's bound to be lots of fun, love and laughter, and lots of insights too, so do come along for a great day.. There are **only 6 places** available in order ensure everyone gets their bottles and numbers interpreted properly.

SUNDAY 15th April 2007
10am - 4:00pm \$40

WHEN AND WHY SHOULD YOU HAVE A HEALING?

If you have never had a healing before, it may help you to know that "healing" simply means "balancing". If your washing machine is balanced it spins every time without a problem. When it's unbalanced it's forever stopping and starting and takes ages to complete it's task. We're just the same. We can't function properly when we're all out of balance as it affects everything and everyone around us.

The main cause of imbalance is stress of one kind or another, and it's not always the people who are busy, busy, busy. Inaction can also cause stress; looking after a sick family member, being unemployed, having no money, having no goals; suffering from grief and loss. Many things in life put us out of balance, and a healing session can really help to get us back on track. "Healers" should really be called "facilitators" because what we really do, is simply help people come to a space and a place of deep quiet and relaxation where they actually begin *their own* healing process. We are all our own Inner Healer, but sometimes we just need a little help to activate it.

HEALING SESSIONS with Linda

at Fig Tree Pocket

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	\$75

All sessions last approx one and a half hours.
Appointments: (07) 3878 5953 04 1331 1208
linda@colourresonance.com.au

Gift Certificates available, tailored to your needs.

NOW FOR THE SECONDARY COLOURS!

Over the previous three months we've looked at the primary colours of Red, Yellow & Blue. When 2 primary colours come together, a secondary colour is the result;

red + yellow = **Orange**, red + blue = **Violet**, and blue + yellow = **Green**.

So this month, we begin our journey through the secondary colours with Orange, and just *some* of the meanings found within that colour. Remember, there's a great deal more to all of the colours, than I can squeeze into these few pages!

ETHERIC RESCUE

The Etheric Body is our first subtle body. (Or the last, depending which way your soul is travelling!) It's often called the Physical Template and several other names, but it's main function together with the Chakras, is to act as a transceiver for subtle energies. (Transceivers both receive and send.)

When we experience sudden shock or trauma, the Etheric Body may literally jump out of place, most often to the left. Even in ancient times, the wise ones knew of this phenomenon and it later gave rise to such sayings as, "Oh you made me jump", "I was beside myself" and "I can't seem to pull myself together". (*Thanks to Ann Plowman for that!*)

For most of us, the Etheric will slowly return to it's correct position, but if the trauma was severe, or multiple shocks occurred fairly close together, then the Etheric gets stuck out of place. The important thing to realise is, that whilst the Chakras pass through the physical body at specific locations, they are actually anchored in the Etheric Body and attached to the physical via the Etheric Spleen. This means that if the Etheric is out of place, so are the Chakras. So there we are, healing away over the body, but where are the Chakras? Not there! No healing will be wasted however, as it all helps to call the Etheric back home. Mostly though, healings will only be effective for a day or so.

Aura-Soma practitioners all learn how to give an Etheric Rescue with the B26 Equilibrium Oil, or with the Orange Pomander, but I've also developed my own Etheric Rescue technique in which I use many different tools, as indicated by Higher Self guidance. These may include silks, crystals, gel lamps and sound, as well as the Aura-Soma products.

How do we know when an Etheric Rescue is needed? There are four main pointers to look for; a) the client has suffered severe and/or multiple shock/trauma events; b) has experienced many different types of healing but nothing has worked permanently; c) is constantly tripping, falling or bumping into things and, d) almost all injuries and conditions occur to the right side of the body. One of these is a fair indication, but it's quite common for clients to have all four.

The client themselves should always take an active part in their healing. In an Etheric Rescue treatment, they should be encouraged to call their Etheric to come home, whilst visualising it in place around the body. After the session, daily visualisations and affirmations will help prevent it drifting out again.

ORANGE AURA-SOMA BOTTLES

Despite being such an important colour within the Aura-Soma system, there are only 4 Bottles that contain Orange.

B26 Orange over Orange "Etheric Rescue" or "Humpty Dumpty" Also called "The Shock Bottle". *Part of the Chakra set.* B26 is used to help seal the Etheric Gap after shock. It "puts us back together again" and provides karmic healing via the Timelines. Brings back joy and our zest for life. *Affirmation: "The only constant in life is change."*

B72 Blue over Orange "Pagliacci" "The Clown" shakes to Deep Green. Those who seem happiest often hide great pain behind a mask. We get caught in by our own deception and the fooler becomes the fooled. Clears cellular/genetic patterning around this and helps us to speak about past shocks. A deep healing of the heart.

B79 Orange over Violet "The Ostrich" Shakes together as Orange/Red. Return of The Magician. Past psychic shock; getting lost in the drama and not knowing how to use the experience positively. The necessary wisdom is already within us, shock often awakens it and can be the trigger for powerful healing and transformation - the challenge becomes a Gift. *Affirmation: "I gladly accept the challenges of life."*

B82 Green over Orange "Calypso" Shakes together as Olive Green. The wisdom of the Goddess returns to the Heart. She Who Is, Was, and Shall Be. Wise women have been persecuted by men for centuries, but now is the time for Goddess wisdom to shine through the hearts of both men and women, coming together to heal our hearts from the ancient shock of our separation, and be united again in Divine Oneness. *Affirmation: "I open my heart for a new direction"*

Orange Pomander - use as "First Aid" for any shock situation. Keeps the Etheric Body anchored to the physical and helps bring it back after trauma. Helps us to release old emotions which block our creative juices.

Orange Quintessence - Lao Tzu & Kwan Yin Reconnects us to our ancient wisdom by helping us to find compassion within ourselves, for ourselves. Helps to release old and current patterning and, in doing so, we heal the Timeline of our existence. Whatever we do in the now, affects our past just as what we did in the past affects us in the now. All is One.

Colour Essence - Helps to dissolve what needs releasing and aids connectedness. Helps to clear addictions and opens our co-creative awareness. Aids independence within relationships.

SECONDARY COLOURS - ORANGE

Secondary colours are made from equal parts of two primaries. Orange, therefore is half- red and half yellow. As you read about Orange, see if you can identify where the various aspects might stem from; are they from the influences of red or yellow or, are they unique to Orange?

Lovely, juicy Orange! The zest of life! This is an *amazing* colour and one that helps to free us from past emotional patterns. When we do this, our joy is as intense as the pain we thought we would never be free of. It would be very easy to focus only upon the shock and trauma that Orange often reveals, but this would be tragic, because Orange is SO much more than that. It's one of the most complex and interesting of all the colours, and there is still so much more to discover about it.

Orange is a liberator. Entrenched patterns lead to addictions and we become a slave to them. They often manifest as obsessive compulsive actions. These addictions and obsessions keep us from moving forward, because we constantly have to tend to them. Can't go out until all the door handles have been touched. Miss one? Maybe. Let's start again. Can't go into work til I've had a drink; can't leave my lover; can't trust anyone else to fold the washing properly; can't go an hour without a cigarette; can't get on with my life because I have to give these behaviours my complete and total attention.

How long can we stay caught in these traps of our own making? Far too long for us to get out of them by ourselves, that's for sure. The self-made prison of our dependencies is very strong, but Orange can help us break free. Who can look at that colour and not know the intrinsic Joy just bubbling beneath the surface, waiting to burst out and embrace us? Orange is a shocking colour, isn't it? Really in your face, and very attention-grabbing. You could never pretend you hadn't noticed it and, for good reason. When we are deeply entrenched in performing these behaviours that drive us so hard, we are in a world of our own, and it's hard to get our attention. We need something loud and bright so that finally, we do take notice.

Obsessions and addictions are extremely destructive, because, not only do they affect the one going through it, but everyone around them. Orange is about groups and community and it's easy to see a duality here inasmuch as it's often when we get in with the wrong crowd, that we allow ourselves to be led into inappropriate behaviours. Conversely, it's often with the love and support of our family, friends and colleagues that we may eventually overcome those same destructive behaviours.

Although Orange can show dependency, it's also the colour to help us learn about *independence*, because it's very nature is about freedom; freedom from limitations; old patterns; emotions; freedom from our dependency upon other people and other things to make us feel good. Orange helps us realise that we really only have to give Life a little joyful squeeze to get something juicy from it!

Stemming from freedom and liberation, comes the aspect of renunciation. Attachment creates dependence, so by giving away our lifestyle; our beliefs; our possessions; everything we were, it releases us from wanting and needing and leads us instead towards acceptance and joy for what is. This why many yogic groups wear Orange robes or clothes, to signify their renunciation, liberation and re-birth.

Looking outside ourselves for fulfillment and validation will only ever lead to dissatisfaction and disappointment. Unless and until we can truly love and accept ourselves for what we've been in the past, what we are now and what we may become, how can anyone else? It's absolutely no good expecting our parents; our lover; our children, or our drug of choice to make us happy. It's never going to happen. We are completely and totally responsible for our own inner happiness.

What Orange often reveals is, that it's past shock and trauma which has led to our dependencies and obsessions. Although we may have reached out to these external things to numb our pain, when we're confronted by Orange, we know it's time to stop acting out and start getting real. It's time to free the sad clown hiding behind the mask.

When we catch ourselves repeating destructive actions, destructive thinking, destructive emotions; when we actually begin to realise that what we do is self-destructive, then, in that moment, the healing begins. When we heal ourselves in the here and now, we also heal ourselves through the Timelines of our whole existence, past, present and future all receive the healing that happens in the now. So why do we say that Orange represents all these things? Let's look at the orange fruit from which this vibrant colour gets its name, and find some correspondences.

Our lives can be just like an orange; bits are bitter, bits are sweet; sometimes dry and hard, but sometimes really, really juicy. When the outer skin (zest) is pierced, it releases the perfumed oil used in aromatherapy to uplift the senses - a zest for life. Beneath the zest is a layer of bitter white pith - like a wall of bitterness to protect our battered emotions. The segments inside the Orange are bound by thin, white interlaced fibres which are stuck to each segment and don't come away very easily - the ties that bind. The segments themselves are stuck close together, hard to separate and often break when pulled apart - dependency and co-dependency. Inside the segments are many tiny, juice-filled sacs tightly packed together, each one supporting the other - community. We bite into the segments - taking a bite out of life. The sweet juice fills our mouth - bliss! In each segment lies a seed - creative potential. Skin, pith membrane & seeds are all discarded - renunciation. The seed grows - rebirth.

Orange - fruit and colour, shows us that life can be really juicy once we've got past any bitterness we're holding on to. It also shows us that by discarding what we don't need, seeds of potential - previously hidden, have a chance to flourish. Our creative juices can only flow when we finally show a little courage and let go of our masks and illusions. Letting go does seem scary, but it's actually totally liberating and extremely exhilarating. Ask a skydiver!

THE REIKI PAGE

Perhaps this should really be called the "All Healing Modalities Page, because the aim of *all* healings is ultimately that we become lighter, brighter and more balanced – inside, outside and every side! Both healed and healer should feel wonderfully uplifted after any kind of healing session. Healers should never feel sick or exhausted, nor should they take on the symptoms of the client. That behaviour shows old patterns operating which are more than ready to be transmuted.

Reiki is absolutely not about "clearing negative energy". That's an old thinking that simply has no place in our heightened paradigm of awareness. All energy comes from one, single Source and, although it has different vibrations and manifestations, it is essentially like energetic plasticine, becoming whatever our thought processes mould it into. Whatever we believe in, is what we'll end up experiencing.

From time to time, it's appropriate for us to check in with our Higher Self through meditation or, a healer, to see if we are still running old genetic or past karmic programmes which no longer serve us. A Reiki session is certainly one way to do this or, we can practise activation meditations which are specifically designed to transmute our current energy into a higher resonance. In either case, we open ourselves to the possibility of receiving new codings of light into our cellular and subtle body structures. These new codings enable us to access a much higher level of knowledge, compassion and potential.

Have you wondered why it is that we speak about our cellular structure so much these days? It's simply a result of human understanding and spiritual development having reached an energetic critical mass which has shifted our consciousness into higher gear. In the past, spiritual teachers used only to speak about the energy within the Chakras and Subtle Bodies. The difference now, is that we are coming to realise that, "EVERY CELL IN OUR BODY IS A CHAKRA!".

Each cell has multiple, interdimensional layers, as do our DNA, Chakras and subtle bodies. All exist together in perfect harmony as one completely integrated system – sending, receiving and storing light frequency codings. These codings contain, not only our personal physical and spiritual history, but the complete knowledge of the whole of Existence. We may never access all of them whilst here on Earth, but Reiki is one of the most beautiful ways to download whatever frequencies are available to us in that moment.

PROTECTION

From time to time, the age old debate comes up about, whether or not we need protection whilst we're working with Reiki or other subtle energies. The answer is both "yes" and "definitely not" as it all depends upon whether or not we operate from fear, or from unconditional love and unity. If we see fear as something outside ourselves and think we can be "attacked" by it, then we definitely need protection!

If, however we have reached that point of clarity and light which shows us that all our fears are actually our own, untransmuted dark, is it really likely that we will still think we're going to attack ourselves with it? Of course not. When we evolve enough to love and accept both the light and the dark of ourselves in complete love and harmony, then those parts of us that were dark, simply transmute into light. We are already whole and complete as we are, and it's only our own perceptions that makes us think otherwise. We all have our dark parts, we all have inner light, and we all have the potential to become a Unified Divine Being here on Earth.

When we achieve a certain vibration, our Chakras (and our cells) become spinning balls of light which eventually merge. Divine Energy pulsates from inside us in the form of clear crystalline light that has a diamond quality. Lower energies can neither see us, nor penetrate this bubble – it's our Shield of Light. We become our own protection!

REIKI ATTUNEMENTS – All levels with Linda
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.

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

Love & Blessings, *Linda xxxx*

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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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.)

SOUND HEALING with MICHELLE MACGREGOR -

The Sacred Place Within Your Heart. - using colour, light and the sound of the crystal bowls, drumming and other intriguing sounds; this is a one day, guided, silent meditation. Bring a notepad, light lunch, plenty of water and comfortable clothing, mat, pillow, light cover.

DATE: 12 May 9am to 4:30pm

VENUE: TBA **COST:** \$123

Michele Macgregor MEHA ASIACT

www.heartandsoulatwork.com Ph: 9967 4664

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.

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Fx 3289 4334 **Mob** 04 0209 2741

Email: info@lyelldeerfarm.com

Website: www.lyelldeerfarm.com

WOMENS' GIFT CIRCLES

The Gift - A Woman's Rite to HerSelf

An opportunity to share with other women

Friday 13th April 2007,

Friday 11th May 2007

6.30pm arrival, 7pm start - 10pm finish

Please bring: food to share, cushion, water & gold coin donation **RSVP Rose** Ph: 04 0819 9687 07 3357 7903 roseweaver9@hotmail.com.

ALSO

Gift weekend in Brisbane 8th 9th & 10th June

www.shematrix.com.

"Not forgiving is like drinking poison, and expecting the other person to die." James Athur Ray ("The Secret")

Discover your Soul in Central Australia

May 11th– 16th, 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

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www.christinemorrison.com

AURA-SOMA LEVEL II with Vicki Engeham

on Magnetic Island

25th - 30th May 2007 (Residential)

PH Vicky 08 8952 7475 colourtherapy@hotmail.com

AURA-SOMA LEVEL III ADVANCE COURSE

with Vicky Engeham in Dunsborough, WA

NOVEMBER 2007 (residential)

"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

SOCIAL ARTISTRY PRESENTS:

"Creative Journeying: Re-enchanting Your World"

re-discover inner strengths, artistic capacities, playfulness, sense of belonging and a commitment to a deep and passionate life, through movement, art, poetry, storytelling, music, visualisation, cellular breathing and connection with the land.

DATE: Sat 19th & Sun 20th May 2007

TIMES: 9:30am - 5pm each day

VENUE: Mangrove Hotel, BROOME, WA

COST: \$440

REGISTRATION & ENQUIRIES :

Deborah Lange Mob 04 1883 3889 or

Patricia Morrigan Mob 04 2294 7069

pmorrigan@iinet.net.au