

Our Colourful Times

COLOUR RESONANCE NEWSLETTER

QLD ISSUE 05

MAY 2007

LETTER FROM LINDA

By the time you receive this Newsletter I'll be very close to leaving for Perth, I'm really looking forward to connecting with, not only some very dear friends, but also our eldest son, Jesse and his fiancé, Amanda. We were glad to see something of our youngest son Luke quite recently, as he was down from Darwin for more helicopter training at Oakey. Gordon is busy as ever with his new position, but is cycling the 10 kms to work most days to ensure he stays fit and healthy.

I'm really enjoying my journey with the 13 Clan Mothers run by Maureen & Sheridan up at Lyell Deer Farm, and they also recently hosted Selma and "Miranda" the crystal skull. Which was another great evening. As all we practitioners constantly fly or drive back and forth between cities, we're all weaving our part of the crystalline rainbow that is spreading across our wide brown land. So wonderful to share sacred time and space with new friends and old. Blessed Be.

If you've never tried Aura-Soma or other colour modalities, and would like to know more about them, do come along to one of the mini-workshops I'm offering. There'll be lots of love and laughter as we learn and grow. Don't forget, I'm also available for Aura-Soma Bottle consultations, Sound & Colour Healings, Chakra Massage and Reiki Tuition as well.

I get back from Perth on 23rd May, but if you want to know more about my upcoming colour workshops before then, I'll still be available on email. Otherwise, if you text or phone me quickly to give me your number, I'll call you straight back. Til next month,

*May the Goddess hold you safely in her Arms,
much love and many Blessings, Linda xxx*

COLOUR WORKSHOPS with Linda

We humans are Beings of Light. Scientists have found that our cells are full of tiny packets of light known as photons. Light is part of the electro-magnetic spectrum that pervades our universe and flows through us, and colour is a very small band within those light frequencies. Colour plays a much larger part in our lives than most people realise. It has a profound affect upon we humans, and many are re-awakening to colour in a big way just now, as part of their spiritual evolutionary process.

Most Northern American Indian tribes have a legend about the "Rainbow Warriors"; the ones who will come to save the Earth. Find your Inner Rainbow Warrior by coming along to some of the colour days I'm offering - you won't be disappointed! If you have never worked with the Aura-Soma Bottles before, or, would like to expand what you already know, these Mini Intro-Workshops are just the thing. More details next Newsletter, or contact me via phone or email for more info.

Sunday 10th June 2007

WHAT YOUR BIRTHDATE BOTTLES REVEAL

Sunday 8th July 2007

WORKING WITH ASCENDED MASTERS

Sunday 12th August 2007

WORKING WITH ARCHANGELS

All workshops

10am - 4pm \$35 each

(or bring a friend and pay only \$25 each!)

VENUE: FIG TREE POCKET

AN INSIGHT INTO COLOUR

Looking at Colour wholistically. Find out how and why colour affects us; how it can heal; why it works with all modalities. Also, how to use Meditation Tableaus and the role of Colour Archetypes.

Part I Sat 23rd & Sun 24th June

Part II Sat 21st & Sun 22nd July

\$150 each or \$250 for both weekends

2 Workshops coming later in the year (October)

HOW TO HEAL WITH COLOUR A day to learn a variety of ways to heal with colour, including silks, lights, crystals, colour breathing and solarised water.

and ETHERIC RESCUE TECHNIQUE

Using silks, lights, crystals, and Aura-Soma.

Specifically for dealing with past shock & trauma.

CARROTS, EGGS & COFFEE

Each of these food items can face the same experience – being placed in boiling water, but each reacts differently.

The carrots look tough. They're strong, hard and unrelenting. After being subjected to boiling water, however, they start to soften. If left too long, they get very weak and soggy and lose all substance.

Eggs are very fragile, as we know; and when placed in boiling water, the thin outer shell protects its liquid interior. The longer it stays in the water, however, the harder it gets inside.

Coffee beans are quite different. They're unique. When they're placed in boiling water, they neither lose their shape, nor change their substance. Instead, they change the water.

THE GODDESS WITHIN

Green is the colour of the Goddess in her aspect of Gaia, Mother Earth. None of us can have escaped the growing energy of the Divine Feminine, manifesting upon our planet at this time. There is still a great deal of work to do, in raising the consciousness of all humanity to embrace, respect and remember this energy and, despite all appearances, we're well on track.

Women are the embodiment of the Sacred Feminine as men are the embodiment of the Sacred Masculine. Eventually we will all unify these twin energies within ourselves, creating absolute and perfect balance for humanity, Earth and the Universe. Although this Sacred Marriage of Heaven and Earth within is our ultimate goal, there can be no marriage without a bride. The Sacred Masculine is well established, but he waits lonely at the altar just now. The Goddess vibration is already within the cellular light codings of both men and women, so we all have the potential and the possibility to bring this Divine Feminine energy into a more tangible reality, and bring her to the altar of Divine Union; a willing and passionate bride.

For centuries, men have shown us how Divine Masculine energy works, but The Goddess has been forgotten by them, and hidden by we women. Now is our time to gently, firmly, compassionately and determinedly, re-connect to She Who Is, Was, and Shall Be. Whether Maiden, Mother or Wise Woman, we will stand; hand in hand, heart to heart; Goddesses all. As more and more women come into harmony with themselves, so will men. Tenderness and Compassion are greatly needed now and will fully manifest when we all remember our Divine and United selves; perfect, whole and complete.

GREEN AURA-SOMA BOTTLES

There are many bottles which contain Green, so here we will only look at a few. (Olive Green will be covered later when we do the tertiaries.)

B10 Green over Green "Go Hug a Tree" The Outward Journey of "The Wheel of Fortune" The Goddess Lives in our Heart. B10 brings the healing benefits of Nature to the Emerald of our heart. Aids directions, decisions and the space we need to make them. *"In the search for truth I listen to my inner voice."*

can't see

B13 - Clear over Green "Change in the New Aeon." Outward Journey of "Death". The enlightenment of the Heart. Understanding that death is necessary before we can experience re-birth. *"In each ending there is a new beginning."*

B53 Pale Green over Pale Green - Ascended Maser "Hilarion". A lighter Heart brings intense new beginnings in a balanced way; new decisions, new directions, new life, new Light Codings for the heart. Helps us breathe in the Truth via every pore. *"I am the Way, the Truth & the Life"*

B63 Green over Pale Green - Ascended Masters "Djwal Khul & Hilarion". Transcending linear time and space. All is in complete balance and the here & now is everywhere at once. Letting our heart embrace ourselves exactly as we are. Moving beyond individuality into the space of the One Heart. *"Being in the right place, at the right time, doing the right thing."*

B64 Green over Clear - Ascended Master "Djwal Khul". The Blue of surrender joins with the Yellow of Enlightenment to bring balance to the Heart. Aids the seeker of, not personal, but universal Truth. Takes us beyond ourselves into something totally Infinite. Facing ourselves just as we are, and loving ourselves limitlessly. *"The Spirit of Truth comes to Earth so I can find the Inner Light."*

Emerald Green Pomander - Creates the space you need, when you need it. Balances the heart and aids decision making. Gives us space to *think!*

Hilarion Quintessence - Gives inner space and the courage to make the decisions we must make to keep our heart and our life in balance.

Djwal Khul Quintessence - Helps ardent seekers to open to Truth beyond all ego/personality thinking. "Out there," is exactly the same as "in here". All is in balance.

Green Colour Essence - Helps us find our way out of the maze of life. Deepens our connection to Gaia and opens us to inner abundance. (What we grow in the garden of our heart.)

SECONDARY COLOURS - GREEN

Green is half blue and half yellow, and the influences of those two colours can be easily seen. In orange, yellow is matched with red which makes every correspondence much stronger; in Green, yellow is matched with blue, which cools and calms everything down. It's the colour of our Heart Chakra, Anahata.

Green is a totally harmonising colour and scientists have found that an hour of walking in greenery, is as soothing and calming to us humans, as an hour of meditation! The aspect of balance comes from the position of Green in the 7-colour spectrum - is exactly half-way. It lies between the "hot" colours of red, orange and yellow, and the "cool" colours of blue, indigo and violet. Green is the fulcrum for the see-saw of our life. When we are in balance and harmony, we breathe far more easily and that alone makes our life much less stressful.

Green is also about time and space and helps us to balance these too. When we are over-stressed, it seems as though we don't even have time to think, let alone make a clear decision. Sometimes we feel so crowded by our partner, our children, our work and all of our many commitments, that there is just no space in our day for ourselves (personal space). If we have no partner, no children and not very many commitments, we can then feel as though we have just too *much* space. Green helps us to find exactly the right amount of space we need. As a consequence, Green is a valuable assistant in cases of agoraphobia (too much space), claustrophobia (not enough space), and all breathing difficulties.

When our breathing is rapid and shallow, it's detrimental to our whole system. Every cell in our body needs oxygen (O₂), as each cell has a form of breathing, to exchange gasses. If we don't breathe slowly and deeply enough, we cannot fill our lungs, and there's no time for our blood to re-oxygenate. The air in our lower lungs is always stale and in severe cases, the tissue atrophies. If we don't have some long slow outbreaths either, we cannot expel enough carbon dioxide (CO₂) out of the body. Our nervous system will then force us to breathe quickly (and therefore shallowly) to get the oxygen we need, and so a cycle of shallow breathing results. The body's auto response to this is to make us yawn or sigh heavily. It forces us to take a big breath in, and a strong breath out.

Hyperventilation is when we already have too much oxygen and keep trying to take more in without enough outbreaths. By breathing into a paper bag, we are forced to inhale carbon dioxide and the balance of gasses is restored within the body.

The cycle of shallow breathing, gas imbalance and low

energy not only adds to stress, but leaves our immune system quite depleted. Consequently, shallow breathers are often sick, prone to asthma and find it hard to shake off infections. Gentle, slow, deep breathing revitalises every part of our body and if we do our breathing in the fresh air, we also take in Prana, the vital life force that permeates our universe.

The difficulties caused by shallow breathing can affect our heart, especially as we grow older. If we have problems with our physical heart, it usually affects us at the emotional and spiritual level too. We find that time becomes as rapid and shallow as our breath; space contracts like our lungs and heart, and we feel pressure on all levels. Low energy causes us to be ill often, and too tired to fully connect to the spiritual side of life. When nothing flowers in the Garden of our Heart, and only weeds grow there, all relationships are difficult. The heart may become hardened due to past experiences and we fear (yellow) allowing ourselves to be vulnerable enough to surrender (blue) to a new relationship.

Hatha Yoga is brilliant to learn good breathing habits, or find a class that specialises in breathwork. Breath Therapy work can also help clear past issues and old patterning. For ultimate health, the Full Yoga Breath is a truly wonderful technique to learn. Otherwise, simply breathing in and out slowly and deeply, moving the belly like a gentle bellows, will help keep our body fully oxygenated and expel sufficient carbon dioxide. Thus, we are balanced.

If we can get outside in our garden, balcony or park, and try to connect to Mother Earth, via our breath, a whole new world opens up. With practise, we can breathe as one with Gaia, resulting in a feeling of expansion and connectedness to all life on this planet. The synchronisation and harmonising of our breath, leads the same thing happening in our life, our loves and our spiritual path.

Green is the colour of Gaia in her summer dress, reflecting Earth in her most abundant form. Our connection to Gaia keeps us grounded, so that we are more able to assist Earth in Her own transition. When we hold The Earth Goddess in our heart, connecting to her so deeply that we breathe and merge as One, we understand that we have the power to create, just as She does. Would a loving Goddess, in the role of Supreme Mother, create a world full of poverty and fear? No, we have managed to do that ourselves. When we can pierce the veil of illusion and see the beauty of our planet as She truly is, abundance and peaceful, then we are one step closer to the ultimate truth.

Only when we are balanced and at peace within our own hearts can we find the Truth we are seeking. By using our Inner Light to weed out old patterning, and by calling in new cellular codings to renew and replenish us at soul level, we achieve a whole new equilibrium. With the help of Green, we are able to move out of linear time and into "no-time". All becomes One. We are here, and we are everywhere, fully conscious and fully present. Breathing and existing together in the One Heart of Creation Source.

THE REIKI PAGE

It's very easy with the profile that Reiki has now achieved to lose sight of its most important aspect. Reiki is not ultimately about how you heal others. It's about how you heal yourself.

When an musical instrument is out of tune, one of the ways to re-tune it is to match notes or chords with an instrument that is already in tune. If the first instrument has not been properly cared for and its tuning checked regularly, it cannot of course, be used to tune other instruments.

You are the prime target of your Reiki practise and need to be in tune before attempting to help another. Once you have achieved a good balance, how lovely then, to help another come to that same level of equilibrium and peace.

As a Reiki practitioner, you can do no better than to use these few steps as a daily guide, to help keep the beautiful instrument that you are, fully and sweetly tuned.

- use the Reiki Precepts as your daily guide;
- practise self-Reiki/Chakra Balancing ;
- activate your subtle bodies;
- strengthen your connection to Earth and Source;
- spend time in Nature;
- meditate;
- review your recent actions and thought processes;
- practise Gratitude;
- get out of your head and into your heart;
- be guided by compassion;
- trust your Intuition;
- be present to each moment;
- practise acceptance.

When you are tuned and in balance, you will feel well, positive, happy and satisfied and you will welcome others who come to you for healing, with unconditional love and compassion. More importantly, you will now have compassion for yourself.

When tuning an instrument, sometimes it's necessary to first loosen nuts or strings before beginning to tighten them again. In the same way, ensure first you and then your client are loose and relaxed before a healing session. It's just not possible to heal yourself or another when either of you feel rushed, tense or anxious. First the healer, then the one to be healed. It can be no other way. Only when the healer is fully in tune can you even begin to hope of changing the water! (see pg 2)

REIKI & SMOKING

Is it necessary to stop smoking if I become a Reiki Practitioner? Yes it is, for all healing modalities actually. Cigarette smoke is extremely damaging to the Auric Field, and causes distorted transmissions when smokers give or receive subtle energies. Fortunately, Reiki and all other healing modalities, can help you stop smoking, so think about having some treatments yourself. Your energy field needs to be as absolutely clear as possible.

Do I have to stop drinking alcohol if I become a healer? It's best. An occasional drink can be tolerated by some, but any alcohol before, during or after a healing session, Reiki Attunement or spiritual workshop etc, is honestly best avoided. It can have some very unpleasant effects.

The truth is, that the more you heal yourself and come into more balance and harmony within, the less you want or can tolerate, things that are detrimental to your body, mind and spirit.

REIKI BY REQUEST with Linda

We all have the ability to heal both ourselves and others, but for many of us, we simply don't know where to begin. Reiki is just one of the ways in which we can get started. I do not "give" you Reiki but instead, through a process known as "Attunement", I simply assist you to open up to your own innate healing ability. At the moment, I'm taking students one-on-one or in pairs, for 1-day sessions on the day of your choice.

Reiki I - \$100

Reiki II - \$100

*Please contact me to book or for more details.
(contact numbers below.)*

*I hope you've enjoyed the Newsletter
Much Love & Rainbow Blessings*

Linda xxxx

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IF THIS BOX IS TICKED YOUR SUBSCRIPTION 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

These are practitioners I've actually met, and/or events in which I've taken part. I recommend them wholeheartedly.

"MIRANDA" THE CRYSTAL SKULL

Meet Miranda and experience the loving, transformative and healing energies of Divine Crystal Skull Consciousness; a clear mirror for Mind/Body/Soul healing.

Energy/Healing Sessions; Sittings; Meditations; Presentations

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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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Website: www.lyelldeerfarm.com

Soluntra King, in Brisbane

LIGHT CODE ACTIVATIONS AND SOULIGHT JOURNEY 25th & 26th August 2007

Working with the new Soulight Chakra, Earthsun Body, Light Bodies and DNA activations with the book included. On Sunday in the Soulight Journey we travel to 13 Sacred Sites and experience the vortexes for inner unification, healing and activation using Soluntra's unique Mandala and Sacred Site cards with booklet. More details next month! or see at: www.evenstarcreations.com/BRISlc.htm

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"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)**Ph: (80) 9454**

7595 or alysea@colourinu.com.au

WOMENS' GIFT CIRCLES

The Gift - A Woman's Rite to HerSelf

Gift weekend at Tingalpa, Brisbane

8th 9th & 10th June www.shematrix.com.

Intro evening: Friday 11th May 2007

6.30pm arrival, 7pm start - 10pm finish

12-14 Homebush Road, Kedron

Please bring: food to share, cushion, water & gold coin donation

Rose Ph: 04 0819 9687 07 3357 7903

roseweaver9@hotmail.**Sheila Ph:** 07 3357 9291 or

0421 318 575 or email

sheilaheartsoul2004@yahoo.com.au

ASTROLOGY COURSES & CONSULTATIONS

with Dorothy Barr

Astrology Consultations 3-4 hours & recorded, covering Natal Chart & 1 year Forecast \$225.

Astro-psychology - Beginners Course in at Munruben (near Chambers Flat, south of Brisbane) 5 day course Mon - Fri 9.30am - 3pm **begins 21st May** \$495

Dorothy is open to holding courses at any other location if there are 4 or more people interested, with a 50% discount for the person offering the venue.

She is also taking names for her next Louise Hay "Heal Your Life" 2 day workshop in June.

dbworkshops@yahoo.com.au

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. **STILL 2 PLACES LEFT!**

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

www.christinemorrison.com

AURA-SOMA LEVEL II INTERMEDIATE

with Vicki Engeham

at Alma Bay, Magnetic Is. Qld **25th - 30th May 2007**

Deepening your knowledge with the Aura-Soma system and how it relates to Numerology & Astrology

\$790 inc tuition, accommodation & meals

Co-ordinator: Tricia Sharkey, (07) 4726 2162 (w/ft)

04 1983 4817

AURA-SOMA LEVEL III ADVANCED

with Vicki Engeham in Dunsborough, WA

DATES: 9th - 14th NOVEMBER 2007

VENUE: Birdsong B&B, Dunsborough

COST: includes tuition, accommodation and all meals

except breakfast. **WA Co-Ordinator: Paula Milner**

04 1792 3374 08 9756 6602

Email - dpmilner@iinet.net.au

SOUND HEALING with MICHELLE MACGREGOR

The Sacred Place Within Your Heart - using colour, light and crystal bowls, drumming and other sounds; 1-day, guided, silent meditation. Bring a notepad, light lunch, water and comfortable clothing, mat, pillow, cover.

DATE: 12 May 9am to 4:30pm

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

ALSO:

Sat 2 June & Sat 16 June 9am to 4:30pm

Make Your Own Shaman Drum

All materials included

5 Glover Street, Willoughby **COST:** \$265

Michele Macgregor MEHA ASIACT

www.heartandsoulatwork.com **Ph: 9967 4664**