

Our Colourful Times

Colour Resonance Newsletter

Qld Issue 06

JUNE 2007

LETTER FROM LINDA

Well here I am back in Brisbane after a wonderful 3 weeks in Perth. It was just great to see, not only our Son Jesse and his fiancé Amanda, but all my wonderful friends, colleagues and students too. Sadly, there are always some I'm just not able to catch up with each time, but I'm very grateful to be able to see those I can.

My visit kicked off at the Vivacious Living Centre talk, and everyone took part in experiencing the pomanders, quintessences, colour essences and Archangeloi sprays. The Birthday Bottles Day was also great fun, with everyone finding new insights about themselves. The Practitioner Sharing Day was very special as Alysea McArtney came along to show us her brand new book, and gave us some really great revelations on reading bottles from the perspective of the Tree of Life.

The Foundation Course was very moving, and we now have another 4 beautiful women to welcome into the Aura-Soma family. Congratulations to:

***Leeanne Harvey Wotherspoon
Tricia Howlett, Liz Jack and Alicia Ellul***

You'll notice on Page 5 that Soluntra King is coming Brisbane and Townsville to run a couple of workshops. As she may not get to any other states for a while, why not come to Qld and take part? I can only offer a couch or a swag on the floor, but you're welcome to stay here to save funds!

Gordon is working hard on my website and I'll soon be able to offer on-line Bottle readings and consults as well as a variety of other services.

We're off to Darwin in a couple of weeks to visit our youngest son, Luke, his girlfriend Jenny, their three dogs and one horse. Should be fun! Take care and I hope you enjoy reading about Violet.

Blessings of Love & Rainbows, Linda xx

AURA-SOMA FOUNDATION COURSE with Linda

At present I have no Foundation Courses planned for Brisbane. If, however, you or someone you know, would be interested in attending a Foundation Course, please contact me for more details. Possible dates are July, early August, late October, Nov or Dec.

All my contact details are on pg 4, so do give me a call if you are interested in this course.

PRIESTESS INITIATION

Just prior to our move to Brisbane last year, I took Initiation with Ishara as a Priestess of Ishtar. This all fell into place in the most beautiful and natural way and then, during my most recent visit, a second Initiation was taken. During the Initiations, I had a very strong feeling that this was all so familiar, that something from the past was being re-awakened, re-integrated and re-claimed.

This is all part of my personal journey towards a greater honouring of the Divine Feminine. If we are to move forwards to total Integration, successfully and in complete harmony, then the Goddess must be fully present. At the moment, the Feminine energies of our planet are still to be fully acknowledged, honoured and grounded. Only when She is fully manifest can full Integration take place. We can do this in many different ways, and for some of us, it will be to work with the Great Goddess in Her aspect of Gaia.

This dovetails wonderfully for those who also work within the Crystalline Grid of Earth to restore and travel along the ancient gridlines/songlines/ley lines/serpent tunnels of our Planet. Our whole solar system, in fact, is feminine in aspect, so it's easy to see why the honouring and respect for this energy is so important just now as Gaia enters her own transition period. The more of us who work to gently hold the energy for her during this time, the softer and easier the transition will be. It is not our job to stop her transition but, like midwives, to simply assist the process.

If you are interested in working with either The Great Goddess, Gaia, and/or the Crystalline Grid, I will be offering Brisbane workshops on these aspects later this year or early next year. I'll also be attending The Goddess Conference at the Gold Coast in early October with my Priestess mentor, Ishara and will no doubt have lots to share after the event.

VIOLET AURA-SOMA BOTTLES

There are lots of Bottles containing Violet, but lets look at 6 of them. In Aura-Soma, Violet carries the aspects of healing, transformation, past grief and service to humanity.

B15 — Clear over Violet “Healing in the New Aeon” The light shines on our past experiences to bring us a new understanding of our shadow side. This helps us become a clearer channel for service to humanity.

B16 — Violet over Violet “The Violet Robe” Complete transformation is possible. Not just in one aspect, but in all aspects of the Self. We are the same and yet totally transformed—just as the caterpillar is the same creature as the butterfly. It's often through deep grief that our transformation occurs.

B48 — Violet over Clear “Wings of Change” Understanding that no matter how dark we, or our circumstances seem, the Light is always present. Through this Bottle we begin to shine the Light from the depths of ourselves, outwardly to assist ourselves and others find our way in the dark

B56 — Pale Violet over Pale Violet “St Germaine” A little more than transformation. Here is our transmutation into another substance as the Violet Flame burns within us. As we lose the *desire* to become invisible, we then begin to vibrate so finely, that we are able to disappear as an ego-personality and start to operate from a point of collective love and compassion.

B57 — Pale Pink over Pale Blue “Pallas Athena & Aeolus” (Shakes to Pale Violet) Helps us find the way between dreams and reality, illusion and delusion. The Light shines on our thoughts and dreams to show what is real beauty and what is a mere illusion of beauty. Helps us to find a balanced way to walk and work in the world.

B58 — Pale Blue over Pale Pink “Orion & Angelica” (shakes to Pale Violet) The balancing of the Divine Masculine and Divine Feminine. Working together to bring harmony in all aspects. Assists us to be as One for our work upon the Earth, both individually and collectively. Keeps the subtle bodies together and helps us connect to the the place and the space that we currently occupy.

Violet Pomander - For use in meditation and healing; also aids sleep. Calms the etheric when stressed. Allows us to disappear when we are healing or teaching, so that only our Essence and not our ego is the conductor of the session. Helps to prevent us being deluded by psychic phenomena, allowing Inspiration rather than illusion to guide us.

St Germaine Quintessence - Helps us to understand that the real magic is in the everyday things of life, and not in the tricks of the mind. Brings a deep understanding that everyone has the possibility to heal their past and transform if we allow the Violet Flame to burn away the dross of ego. Calls in the energy of this Ascended Master in both meditation and healing sessions to assist with the transformation of ourselves or another.

Orion & Angelica Quintessence - Keeps our subtle bodies together and helps us to “be here now”. Balances the masculine and feminine within us and creates harmony. Useful at the beginning and ending of things, the dawn and the dusk; start and finish of project and journeys; birth and death. (Helps prevent jet lag by keeping the subtle bodies together.)

Violet Colour Essence - Brings us closer to understanding The Great Mystery. Connects us to our druid ancestry and the power and magic of Nature. Helps Earth/Grid Lightworkers to restore the ley lines/grid lines/serpent tunnels/songlines of the Earth. (Restores the magic with intense Light.)

THE WINTER SOLSTICE

On 21st/22nd June in Australia, (and all countries in the southern hemisphere), this date marks the beginning of a little less light upon the Earth. In times past, people of all cultures marked this date as a time to prepare for winter, to ensure they had good stocks of food for themselves and their domestic animals to see them through the lesser abundance of winter time. In the northern hemisphere, winter days are markedly shorter, whilst here in Australia, we can barely tell the difference. Still, energetically, this is a time for us to go back into the womb, into contemplative and meditative states; to be quiet and still and not rushing around; allowing ourselves a little time to go deeply within and prepare ourselves for the coming cycle of growth which will surely follow. This winter solstice of 2007 will be huge. Already we can feel the energy building as we move towards the opening of the 10th gate of consciousness which will be radiant with new Codings of Light to unify us even further. We will need the quiet of winter to integrate and consolidate this new energy into our cells, so don't rush; be quiet, be still, be present. Blessed Be.

*Not out of right practice comes right thinking,
but out of right thinking comes right practice.*

It matters enormously what you think.

*If you think falsely, you will act mistakenly;
if you think basely, your conduct will suit your thinking.*

~ Annie Besant

Womens' Activist & Member of the Theosophical Society

SECONDARY COLOURS - VIOLET

Violet is made from equal parts of Blue and Red and will, therefore, hold some of the qualities of those colours as well as some that are its own.

The red that we see in Violet is not quite the same as the red that first appeared in the base Chakra. This red has journeyed out of the basic survival and separation issues, battled with the material side of life and not being grounded enough, and has found it's emotional balance and self worth, can hear the heart, express itself well, and has no fear of going deeper within. This is the Ascended Red, awakened and fully conscious.

The Blue in Violet has journeyed through the issues of not being able to speak its truth, understands the balance of nurture and protection and has learned to surrender to the Higher Will. It has explored the depths of the intuitive senses and power and is neither frightened by, nor is abusive of them.

Violet relates to the last Chakra connected to the physical body and when Kundalini comes close to her emergence from the Crown Chakra, we're at a point where true wisdom and knowledge are made manifest. In Aura-Soma, Violet is connected to St Germaine, Master of the Violet Flame of Transformation, and one of his earlier incarnations was Merlin the Magician. The Crown is the 7th Chakra and Violet is the 7th colour of the rainbow; in Theosophy, the Violet ray is the colour of magic and mystery and, in Numerology, 7 also holds the same qualities. Where there is magic, there is often trickery as magicians are adept at making us see what we want to see, rather than what is actually there.

The difficulty with Violet, therefore, is the glamour and deception that also come with it. Often we want so badly to be "spiritual", that we deceive ourselves and others into thinking that we are "there", that we "get it". One of the challenges of Violet is that we constantly battle illusion and delusion because it's the colour that connects to our thought processes and to our imagination. At its best, Violet is about Inspiration, but it's challenge is most definitely self-deception. Unless we are totally truthful with ourselves, we cannot be really truthful with others.

Along with self-deception, we also have the challenge of spiritual pride and inappropriate use of our developing powers. Imposing our gifts of insight and healing upon others, unasked, is a real trap. So eager to show what we know, we forget the real reward of these gifts is to enlighten and integrate our Self. When we are able to simply accept our gifts and use them modestly and with maturity, without the constant need to perform like

magician on the stage of life, then we get a little closer to being truly magical. Violet holds the promise of liberation from the physical in every life we live, but the real "trick" is, that we need to do it whilst still in the physical body. Trying to escape from our physicality only leads to feeling lost, losing our purpose and opening the gates for depression and delusion to cloud the mind.

If we can take a step back from wanting acclaim so badly for our healing and teaching, and become more like the shrinking Violet, modest, unaffected and unassuming, then we can finally let the ego-personality disappear, and our True Self can be revealed. In that moment, we are one step closer to Magenta, the state of pure, all- encompassing, unconditional love.

In Violet, we are tested again and again to see if we still have spiritual pride, if what we know is more important than what we haven't yet learned; if we are finally ready to stop performing and let the magic take care of itself; and, to see what's really true rather than what we'd like to be true. We don't want to become, as Vicky Wall used to say, "so Heavenly, that we're no Earthly good."

The gifts that Violet brings, are spiritual maturity, spiritual appropriateness and spiritual integration. Violet can help us to be really clear about what is; to understand the difference between inspiration and delusion because, imagination can bring us either!

Violet is about transformation and transmutation — changing something base into something more refined. This huge healing potential within Violet helps us transcend the base nature of our humanity and releases us from the burden of Karma. We then transform further by opening up to new Light Codings, which transmutes our DNA patterns so we resonate at much higher levels of vibration. We become a being who is infinitely more subtle and more sensitive. All past pain, trauma, sickness, and suffering are transmuted into mere experiences as we begin to see the possibility that we may yet emerge from our human cocoon as a fully-formed butterfly; still in physical form, but now as something far softer, finer and infinitely more beautiful than before, but still ourselves.

Violet is our Initiation into what lies beyond the physical. It can take us "home" whilst we are still in our physical body. We transcend without leaving. In the highest Violet state, we can go to just this side of The Veil; the subtle energy field between our human selves and the more subtle parts of us which lie beyond; not a place, but a higher state of consciousness. We are almost ready for integration with the All That There Is. We can be visible or invisible and be content either way. We are happy to be here as we know we are really everywhere. As the veil of Illusion slips away, we are faced with Reality, and readily embrace it.

THE REIKI PAGE

Is it necessary to close your eyes when giving someone a Reiki treatment? The answer is both yes, and no. When we're beginners especially, it's sometimes more effective to close our eyes, as it helps to focus our awareness inwardly. Once we have been practising for a while, it's often a very good idea to have the eyes open to detect any physical changes in your client, whether they are from discomfort or whether they have suddenly "come to". I find a mixture of eyes both open and closed can be useful and that it's best not to be too pedantic either way.

Most certainly, it pays dividends when we can be fully present with what is happening, both within ourselves and for our client. In doing this, we honour both the client and the whole process of healing. It's also good to remember that no two people come together by chance. If your client has come for a particular reason, somewhere within you, that same issue needs to be healed. Maybe it's from a past life or an unremembered part of this life, but don't imagine for a moment, that your healing is unconnected.

Sometimes, closing our eyes, evokes memories, allows energy to be seen in the form of colour or images not available to the physical eyes, and allows us to hear the "still small voice within" far more clearly. Open eyes can often lead to distractions for many of us, and then, Spirit finds it a little hard to communicate. For others, open eyes will not distract or distance them from what is occurring at every moment of the session and can, in fact, aid the healing. For most of us though, that takes quite a deal of practise.

When our physical eyes are closed, we begin to see with the Inner Eye, and are more open to our five senses in the way that they operate in the more subtle realms. Touch, taste, hearing, sight and smell all work quite differently in the higher planes. They have a much wider scope and enable us to sense things at soul and planetary level rather than at just an individual level. This means we can literally see the bigger picture, not just how things affect the individual, but the whole of humanity. When we can do this, we see that the issues this one person faces are, in fact, the issues which face us on a global scale and it may well be, that the healing of the one, leads to the healing of the many.

Allow yourself this inner journey. Find the universes that exist within yourself and receive the gifts that this realisation brings. In closing our eyes, we don't shut out the world, but open up to an ever expanding universe.

REIKI with Linda in Brisbane

Reiki is a wonderful way to open up to your innate healing abilities. We can all heal, but sometimes a little guidance is a great help.

1-day tuition for individuals or pairs only. Choose your own day, Monday - Friday. Tuition takes a full day from 9:30am to 5:00pm. Whilst individual sessions, although you may miss out on group energy, the distinct advantage is that you can go at your own pace and ask as many questions as you wish. There will also be heaps of time for practise.

You may take Reiki II with me, even if you have taken Reiki I with another teacher. There is no need to repeat the first level. Also, if it's some time since your last Attunement and you are feeling in need of an energy boost, you can receive a "Top-Up".

Reiki I - \$100

Reiki II - \$100

Top ups - \$50

Please call or email me for a flyer giving full details.

CARE WHEN HEALING

When we perform a healing for another, all senses become heightened due to our Intent. The subtle energy fields of both healer and client instantly become more sensitive.

This means that when you're moving in and out of your client's field to get crystals, silks or other healing tools, ensure you always move gently and considerately. Try not to be too fast in your movements and always place and remove crystals and silks etc, very slowly and gently. We do not always know just how sensitive our client might be and for some, each "plonk" of a crystal carelessly dropped into position, can be like an electric shock! The same can happen if you place or remove your hands too abruptly, or when you sign the Reiki symbols over them. So, move with care and tenderness when healing to ensure your client's complete comfort and be as present as possible to their condition at every moment.

Happy Winter Solstice!

May the Goddess bring many Blessings to you

Love & Rainbows, Linda xxxx

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(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!

AURA-SOMA WORKSHOPS with Linda

I would love to share some Aura-Soma Days with people here in Brisbane. I have seen how having these amazing Bottles can really help people understand themselves, and others, at another level of consciousness. I recently ran the "Birthday Bottles" workshop in Perth and the insights were just so wonderful and so insightful for everybody present. If you're always giving to others, perhaps it's time to give back to yourself and come and enjoy a day of fun and enlightenment!

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

This course is really great for both those who know nothing about colour and, those who are already working with it. I have seen the difference in understanding colour between those who have taken this course, and those who haven't. It really does open up a whole new level of knowledge and understanding for you because, you work with your own thought processes and feelings about each colour as we travel through the colour wheel.

Over these two weekends, we look at Colour wholistically, to find the how and why of colour; how it affects us; how it can heal; why it works with all modalities. Also, you will learn how to use Meditation Colour Tableaus and the role of Colour Archetypes.

Part I Sat 23rd & Sun 24th June

Part II Sat 21st & Sun 22nd July

\$150 per weekend or \$250 for both weekends

2 more Workshops coming later in the year

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

Specifically for dealing with past shock & trauma.

Using silks, lights, crystals and Aura-Soma.

From the Kryon Website – Lee Carroll on DNA.

Lee had questioned Kryon (whom he channels) on the need to know the Hebrew names for 12 layers of DNA.

"This is when Kryon told me that these "core language" names [as he calls Hebrew] were important to the process. DNA is filled with divinity, he has said, but what really got my attention is when the scientist Gregg Braden came along. He profoundly confirmed the connection for me in his book, The God Code. Here, Gregg used a process called Gematria to translate chemistry into Hebrew characters using the periodic table of elements. The surprise he received (and against all odds of chance, in my opinion) was a code in DNA that actually spelled out a sacred Hebrew name that means "The God Within," as the first chemical sequence of every protein-encoded DNA segment of life. Now that's amazing! It was Kryon's wink that said, "See? The Hebrew is important in DNA."

For those of you who have not read any of the Kryon Books, try "The Journey Home". There is a great deal in the books that is not only pertinent to the moment we're in, but for many of the moments which are yet to come. Lee Carroll is possibly the clearest, egoless channel we have ever had on this planet. Originally an engineer, he was very sceptical about being chosen for this work and had no interest in psychic matters at all. And so it is!

TAKING OUT THE "I"

One of the most valuable lessons I learned from my Aura-Soma teacher, Vicki Engeham, was to take the "I" out of the consultation procedure. This valuable piece of advice has been a jewel of real value in my healing, teaching and counselling sessions.

As far as Aura-Soma readings are concerned, when we stop saying, "I think this is about..." "What I'm seeing here is..." "What I feel is that..." and start saying instead, "This colour represents..." "This Bottle is about..." "This Bottle speaks of..." it makes a world of difference. When we refer to the wisdom that the colours and the Bottles hold, rather than our own opinion, it diverts attention away from ourselves and back onto the Bottles.

It does take a little bit of practise but soon you will see and feel the difference in your readings. Of course, non Aura-Soma people can also use this technique in any kind of consultation or healing modality. If after some time, you're still having problems with "stepping out of the way" try a little violet pomander, or St Germaine quintessence to help you disappear - just a little!

Another "Vicki tip", is that it's also helpful to actually touch the top of the cap of the Bottle to which you are referring each time, especially as readings often weave back and forth and the client can be very easily confused when we do that. This again, returns attention away from ourselves and back onto the Bottles, where it truly belongs!

UPCOMING EVENTS - EAST COAST

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

LYELL DEER FARM

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

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Website: www.lyelldeerfarm.com

SOUNDING YOUR SOUL WORKSHOP

with Christine Morrison (Residential)

Using Voice, Ancient Instruments and Colour, connect with your Divine Essence within and allow your Soul Sounds to emerge, giving you a sense of freedom, power and exhilaration!

DATE: Sat 10am—6pm, Sun 9am—4pm

VENUE: Jamieson Sanctuary, Jamieson

COST: \$300 plus accommodation

Full Info & Bookings: Barb (03) 5777 0717
www.christinemorrison.com

AURA-SOMA LEVEL III ADVANCED

with Vicki Engeham in Dunsborough, WA (Residential)

9th - 14th NOVEMBER 2007 (which Paula is hosting)

Vicki's courses are always beautiful, so don't miss this one.

For lots more details on all these courses,

Paula Milner 04 1792 3374 or 08 9756 6602

Email dpmilner@inet.net.au

ASTROLOGY COURSES & CONSULTATIONS

with Dorothy Barr

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

Astro-psychology - next course TBA

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

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

Rose Ph: 04 0819 9687 07 3357 7903

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

0421 318 575 or email

sheilaheartsoul2004@yahoo.com.au

LIGHT CODE ACTIVATIONS AND SOULIGHT JOURNEY with Soluntra King, in Brisbane

Saturday 25th August - Working with the new Soulight Chakra, Earthsun Body, Light Bodies and DNA activations. Transmuting DNA at Dense Structural Levels and Integration of DNA, activating 64 strands and beyond to the Golden Solar Self. Activation of the 17 Chakras and 5 Light Bodies with new sound codes.

Cost \$189, includes "Light Code Activations" book (worth \$74). *Please book before 13th August with a deposit of (\$9) so Soluntra can have your book ready.*

Sunday 26th August, 10am—5pm - 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. The vortex sites we will be at on the Inner Planes have all been chosen to assist you with your physical body as it harmonises and balances with the Earth and opens to the light that is in the centre of each cell, and awakened DNA remembrance of your divinity; transmuting, harmonising and unifying your etheric, emotional, astral, mental and spiritual bodies as you move into higher octaves of Light. **Cost \$169** which includes Soulight Journey Booklet and 13 Sacred Site Mandala Vortex Cards (worth \$69) *Please book by 13th August with a deposit of \$69 in order to have your cards ready.*

Both workshops: Cost \$333, deposit \$133 by 13th Aug.

Venue: Fig Tree Pocket, Brisbane.

All monies and registrations direct to Soluntra please.

Please see at: www.evenstarcreations.com/BRISlc.htm

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Local Brisbane contact: Linda Graham (07) 3878 5953

NB: Soluntra will also be visiting Townsville after this workshop. More details next Newsletter or contact Soluntra.

SOUND HEALING with MICHELLE MACGREGOR

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

Make Your Own Shaman Drum **COST:** \$265

This is a two day workshop using the elements of nature and meditation to bring about your masterpiece. All materials included.

5 Glover Street, Willoughby 5 Glover Street, Willoughby

Michele Macgregor MEHA ASIACT **Ph: 9967 4664**

www.heartandsoulatwork.com

"SOUL DREAMS - 7 STEPS TO TRANSFORMATION"

Working with The Tree of Life

with Alysea McArtney in Alice Springs

5th - 8th OCTOBER 2007 \$800 (inc tuition, accom & meals)

Also enquire about Alysea's brand new book "The Colour Codices through Time" which can be posted to you anywhere in the world.

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