

# Our Colourful Times

COLOUR RESONANCE NEWSLETTER

QLD ISSUE 07

JULY 2007

## LETTER FROM LINDA

*I had barely returned from Perth when Gordon and I flew up to Darwin to visit our youngest son, Luke and his partner Jenny. It was my very first visit, but Gordon had been living in Darwin 1974 when Cyclone Tracey struck— quite an adventure for a newly arrived Pom! On this visit, though, he didn't recognise anything at all as Darwin has changed so much.*

*For this little visit, I flew up ahead of Gordon, who came up after work on Friday. With only a few days there, we managed to do and see quite a bit. I just loved the beach night-markets at Mindel. I don't think I've ever seen such a multi-cultural food-fest as the avenue of stalls there. I could have spent heaps on other things too as there were so many original and juicy things to buy. We also attended equestrian events, went sunset sailing, ate heaps of lovely food and generally hung out together and had a great time.*

*Having just embraced the Winter Solstice on 22nd, I can't help but wonder how people in the hotter parts of Australia manage to find their wintertime of reflection and introspection. It must be hard when the temperature is so warm all year and the days so full of light. A challenge for all of us in Australia, but more so for those who live that little bit closer to the Equator where there are hardly any seasons at all.*

*Please don't forget to check the Practitioners' Corner on Page 5 featuring practitioners who have been students of Colour Resonance. You'll find their regular services, monthly get-togethers and some workshops. There are more workshops advertised on page 6. I only have room for very basic info on those pages, so do give the practitioners a call if you'd like to know more about what they do, or about their workshops.*

*Blessings of Love & Rainbows, Linda xxx*

## YOUR BIRTHDAY BOTTLES — MALENY

If you live in Maleny or surrounding districts, come along to this great workshop. Using the Aura-Soma Bottles, we'll look at the colours and numbers of your birthdate. If you haven't come across the Aura-Soma Bottles before and are unsure, then come to the free Intro Night which I'll be holding on the evening before the workshop. "Your Birthday Bottles" is a lighthearted workshop which gives you an opportunity to find out more about your intrinsic Self, and have lots and fun and laughter at the same time.

**Intro Evening** - free! **Friday 6th July** — 6pm  
An opportunity to play with many different Aura-Soma colour products using some very simple techniques.

### "YOUR BIRTHDAY BOTTLES" WORKSHOP

**Saturday 7th July** 9:30am—5:00pm \$30

There is so much more to find out about yourself— not just the basic Bottles and numbers of your date of birth, but what lies within them. Here we look at, not only the colours of the Bottles themselves, but the "hidden" colours and "shaken" colours that lie within. We each know the challenges we have faced, but have you realised the gifts you were born with help you overcome them? Come and find out!

**VENUE:** Both events, Tallowood Street, Maleny  
(Full address provided when you book.)

**For more information & bookings:**  
**Linda (07) 3878 5953 04 1331 1208**

## AN INSIGHT INTO COLOUR

Since January, we have looked at the primary and secondary colours but, from this month, we begin to delve into the fascinating and complex world of the tertiary colours of Coral, Gold, Olive, Turquoise, Indigo/Royal Blue & Magenta. This in-depth look at colour is not just about Aura-Soma, but about colour itself. It takes in many viewpoints and does not seek to place any one above another. Colour is part of the physics of Light and it is no small co-incidence that all civilisations have, at some stage or another of their existence, come to investigate the psychological and healing power of these rainbow vibrations.

When we look deeply into the roots of colour and what happens when one or more colours come together, we can begin to identify the many complex threads woven into the tapestry of our lives. Colour reveals not only those threads which affect us individually, but the larger patterns which affect us collectively - the needs of the one reflecting the needs of the many. Exploring the tertiaries awakens a deeper consciousness within our memory, our cells and our soul. The journey begins on the next page—enjoy!

## TERTIARY COLOURS - CORAL

The first tertiary we're going to investigate is Coral. This colour is made from the primaries of Red and Yellow, but in different ratios to Orange. Echoes of both Orange and Gold are also present. Nestled in the centre of the belly is the Pink area of the womb, and light Coral has a definite pinkish tint. The Chakras affected are Base (Red), Navel (Orange) and Solar Plexus (Yellow.)

The word Coral naturally evokes thoughts of tropical, warm seas and the abundance of the ocean. This is very appropriate as many of the qualities of the colour Coral, can also be found in the marine creature of the same name.

Coral can only grow when it's environment is exactly balanced. If the water is polluted or too hot, too cold, too acidic or too alkaline, it cannot grow. It also needs support from other coral. After spawning, the fertilized eggs float for miles on the surface of the water, eventually falling back into the ocean. If, however, they fall into sand instead of upon rock or an existing coral reef, they will die.

We can see, immediately from this, the aspect of community which exists in both Orange and Coral. These colours each reveal a personality that doesn't do well on their own; they need the support of their community—family, friends, co-workers, team members— to help them survive and thrive.

In the ocean, coral grows in many different shapes and colours. It's actually the little creature inside the coral that is responsible for the colour. This creature cannot survive outside it's perfectly balanced environment. When it's ripped from the reef and taken out of it's natural habitat, it dies. From this, we can see the aspect of homesickness. It happens within we humans too, that often when we're taken from our family and loved ones, from our familiar and supportive environment, that we die a little bit inside.

The challenge of being able to exist away from a familiar environment comes from the red in Coral, which is very much about the separation we experience at birth; coming away from our mother's warm and cosy womb and into the cold harsh world. As humans, we cannot afford to simply die through separation, our challenge is to find the strength and courage within the red part of Coral, to help us become strong and independent.

Red has a lot of influence upon the qualities of Coral and also reveals the way that Coral personalities can be passive, almost willing victims. As the Crown of Thorns starfish literally sucks the life out of the coral reef, the Coral personality can let other people do the same to them. Self-responsibility and self-determination are the lessons to learn.

We can choose *not* to be the victim; to stop blaming others for our current predicament and begin taking responsibility for our own actions.

Like Orange, Coral can reveal not only dependence, but obsession. When love is not returned, anger and revenge will rise up, and the consequences can be quite dramatic. This leads to an increasing display of neediness, grabbing at people, just like the coral reef grabs the hulls of ships, holding so tightly that they can't easily get away.

Where Orange personalities attract those who are just like them, Coral more easily attracts people who will take advantage of them and continue in their victim/perpetrator archetype. Extreme neediness is a real relationship killer and partners quickly tire of constantly having to bolster the Coral confidence. When the partner eventually leaves—as they always seem to, panic rises and the Coral "victim" will then grasp at the first person who shows a little kindness and understanding. Thus begins another cycle of the desperation and disappointment that unrequited love brings. Coral can be slow to learn and often ends up continually "Looking for Love in All the Wrong Places." The *huge* lesson for Coral is to learn to survive on its own and not to rely on anyone else to sustain them.

The gift for Coral is Wisdom. A positive Coral personality is one who takes responsibility for where they go, what they do, and with whom they associate, and work hard to shed the destructive patterns they have been carrying for many, many lifetimes. Wisdom is intrinsically connected to our challenges; each one interlinking down the timelines of our existence to bring us to the Pot of Gold we have always held within, but didn't know how to access. Sometimes, just knowing that we have this wisdom within, is enough incentive to try and tap into it. Then we can let logic and understanding (from the yellow in Coral) guide our actions instead of the emotive and reactive energies of past wounds and bruised feelings.

Being able to let go of something or someone upon which we once depended fully, takes insight (yellow) and courage (red), but it can be done. Allowing the light of yellow to shine on our neediness, and the strength of red to give us courage, then the wisdom of gold is revealed and allows us to finally fall into the orange of letting go. Like the spawning coral (pink), it is only when we completely release what we once held on to so tightly, that we can find our way to independence and self-support. Then, going out into the world becomes, not terrifying, but exciting, stimulating and totally fulfilling.

A Coral personality will have great empathy (pink) for those in the same situation in which they once found themselves. They make great counsellors, using Wisdom with Compassion in helping others to find love and support within themselves.

## CORAL AURA-SOMA BOTTLES

*Coral did not appear in Aura-Soma Bottles until Bottle 87 and even then, only in it's paler form. It was not until the most recent bottle B105 was born, that the true, rich hue of Coral was finally revealed within the Equilibrium Bottles.*

**B87 — Pale Coral over Pale Coral "Love Wisdom"** An intense challenge to find our inner wisdom within the challenges of repeated instances of unrequited love.

**B92—Pale Coral over Olive Green "Gretel"** Allowing the heart to rise above the challenge of feeling not good enough. Letting the Divine Feminine rise gently from the depths to provide leadership and the release of all bitterness.

**B93—Pale Coral over Turquoise "Hansel"** Helping the lost child to be found. Allowing the wisdom within the child to flourish so that it may become independent.

**B105—Iridescent Coral over Coral "Archangel Azreal"** The Goddess is revealed. Now the wisdom of the gold within is finally seen; swirling in the top fraction it shines in all it's glory. No longer pale and emotionally fragile, Azreal reveals Coral in its strongest and most vibrant hue.

**Coral Pomander** - Unites fractured groups. Allows us to release what no longer serves us in order that what we truly need (independence) can come into being.

**Lord Sanat & Lady Venus Kumara Quintessence—** The protection of the parents when the child feels they are alone. Finding community wherever we are, in many different forms. "Family" means many different things. Helps us to recognise this and not feel abandoned.

**Coral Colour Essence** - Deepens our connection to the Devic family. Allows a deep release of past disassociation with Nature and the Devic realms, especially the water elements.

The new Kryon Book is out! I've only just begun to read it and I'm already blown away by the confirmation of inner thoughts and feelings. Kryon is the only source that does this for me. I'm generally not a fan of channelled info, but I cannot resist Kryon, especially when it echoes so well, the information that has already begun to quiver and rise from my cells like long-forgotten memories tugging at my heart; so familiar, yet still uncertain. Just when I reach a point on my path where some clarification would really help, a new Kryon book is released and there, in pages of quite ordinary print, is always some extra-ordinary confirmation of that inner quivering. Delicious!

## WINTER COLOUR—PLEASE!

Winter is the time that we really have to battle the "fashion gurus" for a bit of colour. It is absolutely NOT the time of year for dark and muddy colours, instead, we most *definitely* need some light and bright colours to avoid falling into SAD (seasonally affected disorder.) This is more a problem for those countries that have long, cold winters, but it has also been identified in Australia too.

I've just heard some fashion "expert" on tv say that if you're over 40 you need to get back to black and other neutrals! Quelle horreur!! Whilst there may be nothing worse than mutton dressed as lamb, just because you're over 40 (or 50) is no reason to look bland, depressed or boring either.

If you work in the commercial world, try navy or chocolate brown as a replacement for boring, depressive black. Even silver grey or beige is better. They look fabulous with a red, rose pink, peach or gold shirt; for dresses, throw a wool or silk shawl over the shoulder and secure with a beautiful broach or, bring the colour in with a cardy.

Even for everyday wear to go shopping, help at preschool, lunch with the girls, whatever your day holds, don't be boring—be colourful. Be warm, be interesting, be the bringer of light into the darkness. Team up boring basics with softly warm or bold colours and cheer up, not only your own day, but everyone else's too!

## LIGHT CODE ACTIVATIONS AND SOULIGHT JOURNEY 25th & 26th August 2007 With Soluntra King, in Brisbane

**Saturday 25th August** - Working with the new Souligh 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 (\$89) so Soluntra can have your book ready.*

**Sunday 26th August, 10am—5pm** - In the Souligh 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. **Cost \$169** which includes Souligh 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 together: 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](http://www.evenstarcreations.com/BRISlc.htm)  
[soluntra@evenstarcreations.com](mailto:soluntra@evenstarcreations.com)

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## THE REIKI PAGE

Reiki, and many other healing modalities, are taught in a fairly prescribed way, and it can be all too easy to fall into the trap of healing by rote, rather than by Divine Guidance. When we're raw beginners and perhaps don't have a very well developed intuitive sense, then following a pattern for our healings can be a huge help. It gives us a template with which to work and, once we have mastered the basic moves and have seen results, our confidence in our abilities begins to grow and we start to trust them a little more.

Sometimes, Reiki is taught to the accompaniment of specially recorded music which gives a subtle "ting" every 3 minutes. This allows the student to practice staying in one place for a long enough period of time for them to feel the energy flow and, for the energy to work. In the beginning, 3 minutes can seem like a very, very long time, but for some of us, the energy flow is a little slow to get going at first, so staying a little while in one place, gives it a chance to energise and start to come through. Before too long though, it's fairly normal for the practitioner to feel the energy flowing through them before they even lay hands on the other person. What naturally follows, is that they also begin to sense, very accurately, when they have stayed on a spot for long enough. This will vary all the way up (or down) the body.

The next step is to work without actually touching the body at all, to feel what's going on in the subtle bodies, as this is often where past life trauma can still be resonating. Again, you may first want to follow a pattern to ensure you have scanned as thoroughly as you can. It's always best though, not to expect to see or feel anything. Just go there and wait. Accept whatever is revealed, even when that's absolutely nothing at all! Your own wish to "see" can promote the imagination to provide exactly what you're wishing for so badly, so be aware of that at all times.

The final step is to be purely intuitive in your healing. With no set pattern to go by, no set time to stay at any particular location of the body, and nothing in particular to actually do. For some, this last step will feel natural and easy, for others, it will seem downright scary. We can only go at the pace that is right for us individually; to feel our way, not think our way, through every healing we do. Don't rush it. Trust what you've been taught until Spirit spontaneously leads you to do something else, then trust it with all your heart. You cannot harm another when you are working for their Highest Good.

Just by the act of laying our hands upon another with great compassion and tenderness, we have the power to dispel feelings of loneliness, abandonment or lack of love. For many, this is all the healing they truly need. No bells and whistles, just lovingkindness. We should also be aware that some people do not like to be touched at all, and respecting this is another kind of healing; the healing of loving someone just the way they are.

So, no matter how you have been taught, learn to trust the promptings of your heart, not what you remember in your head. For each of us, when we let go of opinions and move instead towards compassion; when we can be fully present to another's situation, no matter what our own might be; when we can accept others just as they are without feeling we need to "fix" them, then this is the very best healing of all - we have begun to heal ourselves.

Reiki is a beautiful, gentle, wonderful way to begin or continue your journey into healing. It was never meant to be about form and procedure or, about "getting it right". What Usui Sensei taught, and what is still taught in his school to this day, is to simply practise being in the flow of Divine Energy until you become One with it. True healing is simply the art of being with another, just as they are, then, by virtue of your own balanced energy, being able to balance them also.

And so it is. Hari Om Tat Sat.

### DAILY REIKI

*Don't forget to make Reiki part of your daily spiritual practise, so that it becomes a part of who you are and what you do. Daily Practise helps to focus your Intent and Awareness on what you do, and how you do it, every day.*

*Perform Self-Reiki every day, either before you rise, before you go to sleep, or even both. This will help to keep you balanced; your healings will be more flowing and open, and your connection to The Divine will strengthen.*

*It's lovely to begin each day, as soon as you rise, with an offering of Gratitude to Divinity. You may feel like welcoming the Sun as it rises, or give thanks for the rain which may be falling, whatever is in your heart. Say the Reiki Creed or any other prayer, mantra, affirmation or precious quotation you particularly love, as you connect to your Higher Self Guidance, and set the tone for your day. You may feel you want to offer yourself in service to Humanity, or connect more deeply with the Earth, the Divine Feminine, or whatever you feel is right for you.*

*Once your Intent has been set, all you have to do, is honour it!*

## 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 a whole new level of consciousness. 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!

Here are some of the workshops I'll be presenting later in the year.

**WORKING WITH YOUR AURIC FIELD**  
**WORKING WITH THE ASCENDED MASTERS**  
**WORKING WITH ARCHANGELS**  
**WHAT YOUR BIRTHDATE BOTTLES REVEAL ABOUT YOU!**

### All workshops

10am - 4pm \$35 each  
 (or bring a friend and pay only \$25 each!)

**VENUE:** FIG TREE POCKET

## REIKI TRAINING with Linda

*In sacred space for your sacred journey.*  
 1-day tuition for individuals or pairs. Chose your own day,  
 Monday - Friday. Certificate and workbook included.

Reiki I - \$100 9:30am to 5:00pm.

Reiki II - \$100 9:30am to 5:00pm.

Top ups - \$50 9:30 - 11:30 or 1:00 - 3pm

## 2 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.

Please let me know if you are interested in attending. All my details are below.

## AN INSIGHT INTO COLOUR

Over these two weekends, we look at Colour wholistically to find not only how, but why it affects us; how it can heal; why it works with all modalities. Also, how to use Colour Tableaux and the role of Colour Archetypes.

\$150 per weekend or \$250 for both weekends  
 Next dates to be advised

## 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~*

## GRATITUDE DAY with Linda

**Sunday 12th August 10am-4pm \$35**

A day of beauty and gratitude. Enter into soft and sacred space to offer Gratitude for all the gifts you are, and for all the gifts you have received.

Our world often seems in so much turmoil that it's very easy to get drawn into all the drama and forget about the good things in our lives. This day is to share those things for which we are truly thankful, no matter what challenges we may also have to face. Sometimes, it is often the challenges themselves that are the true gift.

We will build a Gratitude Mandala made from your own offerings, memories and tokens that you hold dear. (All items will be returned at the end of the day.)

This day is for both men and women and offers an opportunity to see more Light in days of seeming darkness.

**Please bring:** Your own vegetarian lunch and something for the Mandala—a photograph, a piece of beautiful material, a crystal, shell, feather, candle or anything else you feel would be just perfect!

**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.)**

LINDA GRAHAM AT COLOUR RESONANCE  
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 EMAIL: linda@colourresonance.com.au

**Don't forget to let me know if you move house, or get a new email address!**

*May the Blessings of the Great Goddess  
 bring you Rainbows of Love every day.*

*Linda xxxxx*

## UPCOMING EVENTS - EAST COAST

*These are practitioners whom I've actually met, and/or events in which I've taken part.*

### SUSANNA GORNATTI—Natural Therapist

is now available to work in both Brisbane and Perth. She is also able to give distance consults from hair or saliva samples. Susanna uses the Nutri-Energetic System (NES) to find the root cause of your dis-ease.

**Ph: 04 0020 1337 lunds@upnaway.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: AUGUST 2007**

Sat 4th 10am—6pm & Sun 5th 9am—4pm

**VENUE:** Jamieson Sanctuary, Jamieson

**COST:** \$300 plus accommodation

Full Info & Bookings: Barb (03) 5777 0717

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

### AURA-SOMA LEVEL III ADVANCED

with Vicki Engeham in Dunsborough, WA (Residential)

*Bookings Open Now!*

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

Working with the Qabalah and the Tarot. Vicki's courses are always beautiful, so don't miss this one. People fly in from all over Australia to take part in this course with Vicki.

For lots more details on all these courses, Paula Milner 04 1792 3374 or 08 9756 6602

Email [dpmilner@iinet.net.au](mailto:dpmilner@iinet.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"

[dbworkshops@yahoo.com.au](mailto:dbworkshops@yahoo.com.au)

### "SOUL DREAMS - 7 STEPS TO TRANSFORMATION" (Bookings open now!) working with The Tree of Life

with Alysea McCartney at The Sanctuary,

**Alice Springs 5th - 8th Oct 2007**

**\$800** (includes tuition, accommodation & meals)

*The '7-Steps to Transformation' are revealed to us through our soul dreams. Learn how to link these dreams to your state of consciousness."*

For this and many other courses, contact Alysea.

**Contact Alysea about her brand new book "The Colour Codices Throughout Time", regarding Aura-Soma and The Tree of Life.**

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

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Please see at; [www.evenstarcreations.com/BRISlc.htm](http://www.evenstarcreations.com/BRISlc.htm)  
[soluntra@evenstarcreations.com](mailto:soluntra@evenstarcreations.com)

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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**

### 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.**

**LYELL DEER FARM** 5 Lyell Court, Mt. Samson. Qld

**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

The Gift - A Woman's Rite to HerSelf

**Intro Evenings**

**Friday 27<sup>th</sup> July** - private home. Call Dee on 3482 2201 or 0414 700 040 or email [elfen@iprimus.com.au](mailto:elfen@iprimus.com.au)

Subsequent circles at Womenspace, 12-14 Homebush Road, Kedron on Friday 24th August, Friday 26<sup>th</sup> October, Friday 14<sup>th</sup> December, Friday 22<sup>nd</sup> February and Friday 25<sup>th</sup> April

**All Circles 6.30pm arrival, 7pm start - 10pm finish**

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

**Rose Ph:** 04 0819 9687 07 3357 7903

[roseweaver9@hotmail.com](mailto:roseweaver9@hotmail.com)

**Sheila Ph:** 07 3357 9291 or 0421 318 575 or

email [sheilaheartsoul2004@yahoo.com.au](mailto:sheilaheartsoul2004@yahoo.com.au)

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