

Our Colourful Times

COLOUR RESONANCE NEWSLETTER

WA ISSUE 69

SEPTEMBER 2007

LETTER FROM LINDA

As I'm preparing to leave for Perth, the ground is still beautifully moist from a wonderful fall of "just right" rain. Another blessing was that Soluntra King came and ran two workshops from our home here in Fig Tree Pocket, and the energy of the house has just zapped up tenfold. We had 27 on the Saturday and 23 on the Sunday. It made me really miss the gatherings we used to have in Perth. It was just SO good to have the house full of people.

Soluntra took us out to the park across the road, right next to our favourite tree, for the last meditation of the weekend. The workshop was running just a little late, and dusk was upon us. As we walked across the grass to sit in circle, an almost full moon rose in the east, just as the sun was setting in the west. (So beautifully synchronistic as our previous meditation was with lunar silver and solar gold.) We sat between these two glorious Heavenly bodies as we began our next meditation and, when we opened our eyes again it was quite dark, with just the moon now visible. We moved from the darkness into the light as we walked back to wards the house. A perfect end to a perfect day.

Soluntra's workshops have got me nicely aligned and ready for my Reiki workshops in Perth. Please don't forget the healing circle on the last afternoon of the Teachers' Intensive Saturday 15th 3-4pm (see over →) and there will also be a Labyrinth Ceremony on Sunday 16th at Rhonda Ave (see page 5.)

This month's tertiary colour is Olive. A fascinating colour, to which there is so much more than I have room to write about here.

Blessings of Love & Peace, Linda xxx

AURA-SOMA READINGS with Linda

When Vicky Wall brought Aura-Soma into the world over 20 years ago, she didn't know what it's purpose might be. It was only through a series of interactions that the true reason for the arrival of these energies of light and colour, was revealed.

Vicky's story is quite remarkable and her biography is once again available from Aura-Soma Australia. The book gives us just a little insight into the birthing and early journey of the Aura-Soma Bottles. The way we read the bottles now is, essentially, the same, but our understanding of these blessed messengers has grown and deepened. So many things have revealed themselves. The bottles are not only a confirmation, discovery and revelation of our personal life and possibilities, but also those of the world.

Readings from the bottles are not the result of the practitioner's clairvoyant abilities, but arise from a deep connection and understanding of the colours within the Bottles chosen. The position in which each Bottle appears is significant, as are the shaken colours, complimentary, unseen and missing colours. Together, they form a story of the person who has chosen the Bottles, revealing their life purpose and the Gifts, challenges and potentials which may have unfolded along the way.

From the four Bottles chosen, there will be one with a greater potential than the others to assist the chooser in dealing with, or bringing through, any aspect of their life which need to be acknowledged and accepted. By applying the oil of that bottle to the physical body, we are able to embrace and move through situations and difficulties that were previously too painful or unseen for us to do so.

If you would like an Aura-Soma Bottle Reading, please contact me for an appointment.

REIKI with Linda, at FIG TREE POCKET

In sacred space, with due care, honour and lovingkindness to the Being Within and the journey which you are undertaking.

Reiki I - \$100

Reiki II - \$100

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SITTING QUIETLY, DOING NOTHING, SPRING
COMES AND THE GRASS GROWS ALL BY
ITSELF

TERTIARY COLOURS - OLIVE

Olive is made from mostly yellow, with a little bit of blue. The lighter tints are almost golden, but the deeper shades are murky and sludgy looking. Many people don't like Olive as a colour because they mostly associate it with those more murky shades, but it's a fascinating and complex colour - as are all the tertiaries.

To find out more about the properties and qualities of Olive, we have only to look at the olive tree and its fruit. Olive trees often grow in the most inhospitable terrain. All through Europe and the Middle East, it's found barely clinging to very rocky, barren landscapes that often have very little water. It's a very ancient plant, said to have existed on this planet for over 35,000 years and there are claims that individual trees may be well over a thousand years old.

We immediately see from this that Olive as a colour, represents the quality of tenacity. This is also an aspect of red but, whereas red holds on through sheer willpower, the quality of olive is that it holds on by forming an harmonious relationship with the land upon which it grows. This is a quality we see in many women, who have always had that intrinsic ability to make the best of what they have, although that may be very little, and yet still flourish. Accepting "what is", not seeking to change things but instead, adapting themselves to what presents. The beautiful thing is that we are seeing more and more men these days, who are also able to do this. Traditionally, the role of the male is to resist!

Olive does have a more feminine energy, but let's not forget that it's mostly yellow. A distinctly masculine aspect as far as psychology is concerned. This yellow part of Olive is the part that says "I accept that I cannot change the situation, but I can so easily change how I view it, and how I let it affect me." Pure logic. Pure yellow!

Ironically, the little bit of blue in Olive is also regarded as a masculine energy in western culture yet, together, these two masculine colours produce a feminine energy. Isn't that just so beautiful?!! We come into balance and wholeness with our Divine Masculine/Divine Feminine in far more ways than we realise.

The colour Olive is greatly associated with Goddess Energy, especially in the aspect of Gaia. Olive is the true colour of springtime. No matter what plant may grow from seeds within the Earth, when they first sprout through the soil they are, almost universally, bright olive green! So we see from this aspect, that the colour Olive is about new growth and new beginnings. The yellow bringing us enough joy to overcome our fears about new ventures, and the blue bringing us peace and calm.

The fruit of the olive provides an oil which has always been greatly prized for thousands of years. Growing in countries that often have very little rainfall, the oil was not only used in cooking but was, and still is, used to cleanse the body and provide light. It is also used in many and varied sacred rituals for anointing.

In the aspect of cooking we see that olives and olive oil provide nourishment, another mostly feminine quality. Olive oil has a huge percentage of tryglicerides (98-99,5%) and also contains carotene, tocopherals, phospholipids, acids and proteins which nurture the body.

It helps protect our heart and arteries, slows the brain aging, prevents hardening of the arteries and lowers the level of LCL ("bad" cholesterol). It also raises HDL ("good" cholesterol).

From the culinary aspect of olive oil, we see the tv chefs, mostly Divine Masculine, *still* using recipes with lashings of cream and salt. It's the women (and sometime the men,) that do most of the cooking at home, who substitute light olive oil for cream and omit the salt to place a more healthy meal before the family. As we know, cooking is often the way to the heart and, in one form or another through the ages, it has been the role of the Divine Feminine to bring more "light" into the heart. The women were also the ones who lit the fires in the hearth, lamps and candles to guide their families home. There is nothing more welcoming than to walk into a well-lit and cosily warm space after a long journey or a day's work.

Soluntra King's work now includes the new Soulight Chakra which is manifesting between the Solar Plexus and the Heart. (the olive area) This is helping to bring more Divine Light into our cells/DNA, Chakras and Light Bodies. She refers to this Chakra as ..."a major catalyst and doorway into the new paradigm we are co-creating..."

One of the major attributes of the colour Olive is that of transformation. When plucked from the tree, olives are hard, bitter and inedible. They have to undergo, an often extensive process, of being soaked in brine with, sometimes, up to 10 changes of liquid to make them sweet. So we see that Olive can also represent the release of bitterness. In blessed synchronicity what often releases our own bitterness, is also salty water, (tears!)

Another, more common aspect of the olive tree, is that of Peace. When Noah sent a dove out day after day to see if the flood waters had subsided, it eventually flew back with a small branch of an olive tree. Thus the olive tree became the symbol of Hope and there is no greater hope we can have for our world, than that of Peace. Paradoxically, this symbol of Peace has become a point of contention in the middle-east as many ancient olive trees are decimated because of the Israeli-Arab war.

From the point of view of Aura-Soma, Olive is about the Feminine Leadership of the Heart. This applies to both men and women. We are already moving into a new way of leadership and management practices in business. This will shortly move to the political area too. As we move further and further into the photon belt for the next two thousand years, these things become, not only possible, but inevitable. Do not focus on old stagnant energy that produces fear, greed and war, but **see** the Earth full of Divine Love, Peace and Harmony right **now** - all breathing with the One Breath, all Hearts beating as One Heart. Our Earth will be whatever we see it as, and believe it as.

Let the Divine Feminine rise gently with Olive to balance the strong masculine energies still holding sway in many parts of the world. See women everywhere as free, educated and equal. See men as kind, loving and gentle. See both as fine leaders with equal logic and an open heart. Release all bitterness within you. Remember, our lives here are only an illusion, and we can change the illusion by our thought processes. We are both God/Goddess. We are balanced and whole, Sacred Masculine/Sacred Feminine working, existing, breathing as One and bringing more Light into the Heart. And so it is.

OLIVE AURA-SOMA BOTTLES

The colour Olive did not appear in Aura-Soma until Bottle 91 "Feminine Leadership" although B7 and B74 both shake to Olive/Pale Olive respectively. There are still only five bottles that contain either the tint, hue or shade of Olive in them, so we'll have a quick look at all of them. Olive shares some aspects with green.

B91 "Feminine Leadership" Olive over Olive. The return of the Tarot card "Death". New leadership, new Light, not only within our hearts but upon the Earth. The unification of Goddess with God is now possible as we move further into Sacred Integration. We only die to be re-born. Our decisions and directions become clearer and are our own. Transformation of love and life. The sun in our Heart shines more brightly.

B92 "Gretel" Coral over Olive, Shakes to Olive. The return of the Tarot card "Temperance". The only Bottles to be born as a pair, Gretel the Divine Feminine, Hansel the Divine Masculine, and each is seen within the other. (Bye the way, in the story, Gretel lights the oven! See *page 2 re bringing the Light.*) At first a vulnerable and submissive victim, Gretel suddenly becomes the leader, kills the witch and frees Hansel. Divine Wisdom (coral) supported by Decision (green) and Clarity (yellow) bring about transformation (Olive) of a very difficult situation which leads to Peace (blue).

B99 "Archangel Tzadkiel" Pale Olive over Pink, shakes to Olive. Return journey of the Tarot card "The World". All pale colours contain Clear/Serapis Bey. Clarity and Light (clear) lead to a transformation of the heart (olive) in a grounded and positive way (red in the pink, green in the olive.) We find strength in softness (pink) and hope (olive) in the new growth of a new direction. We feel connected to all things. Self-acceptance leads to self-assurance and self-assertiveness (pink), we become the Leader instead of the follower.

B101 Archangel "Jophiel." Pale Blue over Pale Olive, Shakes to Pale Turquoise. No Tarot assigned. The possibility of surrendering to the Higher Will. Not resisting or persisting, but flowing into the Source. In surrender to the Beloved, we grow stronger than we have ever been. Men and women together grow more Divine Love and More Divine Light in the Garden of their Hearts. This helps us to become more playful, more spontaneous (turquoise) and fully express ourselves in Divine Light and Creativity.

B102 "Archangel Samael". Deep Olive over Deep Magenta, shakes to Deep Magenta. No Tarot. ***This Bottle was born on 11th September 2001 (9/11).*** Embracing the Angel of Death, not fearing him. Understanding that death is only a doorway to more life and more light; only the out-breath that will be followed by an in-breath. The deeper colours in this Bottle invite us to go beyond our human emotional reaction to mass death and destruction and find the bigger picture. All is in Divine Plan. The unconditional love of Magenta supports us while we grieve, and helps to prevent anger and bitterness entwining their choking tendrils around our heart; acknowledging the feelings of rage and hopelessness, but letting them move through and out of our earthly and Divine bodies. Travelling through this Doorway of Initiation shows us that in our greatest darkness, shines our brightest light, full of love and hope.

Olive Pomander - Particularly good for womens' groups or when you are challenged by the strong leadership of others. Also good for those with decisions to make when we do not feel strong or clear enough to make them. Helps us find the light within our hearts, bringing groundedness and clarity to all our decision making.

Olive Quintessence - The Holy Grail & Solar Logos
A great assistance for us on our spiritual journey. It helps us to truly understand that the Light of the Holy Grail is within our Heart and not outside us. The sun in our heart shines bright as we also realise that the sun of our solar system is a living, breathing entity the Solar Logos. We are a part of that energy and, as we breathe our solar sun into our heart, we not only connect to that being, but to all the Suns in the inner and outer Universes.

Olive Colour Essence - Great to balance the ley lines, grid lines and song lines of the Earth. Use it in Earth Healing meditations or groups, to connect more deeply to Gaia. (In Perth, I used to sprinkle this Essence all around the Labyrinth to prepare the space and connect.) Also useful when bedding-in new plants.

SERVICES AVAILABLE AT COLOUR RESONANCE

Aura-Soma Readings	\$ 60
Colour, Sound & Crystal Healings	\$ 60
Crystal Wand Healings	\$ 60
Etheric Rescue Technique	\$ 60
Aura-Soma Chakra Massage	\$ 70

Gift Vouchers

Aura-Soma Reading with 25ml Bottle	\$ 90
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including a Pomander, add	\$ 40
including a Quintessence, add	\$ 40

Complete Packages

Reading with 25ml Bottle, a Pomander and a Quintessence	\$170
Reading with 50ml Bottle, a Pomander and a Quintessence	\$186

A COSMIC RAINBOW by Noëlle Leven

This book is a "bible" for anyone who uses colour in their practice, no matter what that practice may be. It was self-published by Noëlle some years ago and retailed at \$85 each. I have a considerable number of these books still to sell and would really love to see it in the hands of everyone who loves colour. I have, therefore, drastically reduced the price to **\$35 each. A saving of \$50!!** "A Cosmic Rainbow" would make a beautiful birthday or Christmas present for anyone who adores colour and would like to know more about how to use it effectively in their life.

THE REIKI PAGE

One of the things that often comes up in courses and workshops is the problem of practitioners getting tired from giving treatments. This can definitely happen but, the question is, why? Firstly, please don't fall into the trap of thinking that people are "taking your energy." That's old stuff and it never did happen anyway. It's just that, in the past, we didn't know how else to explain it. Not to confuse you, there are cases where people can really pull on the energy of others, but they are easily spotted and easily avoided.

The real reason that we do sometimes feel a bit drained after a treatment is, that when we give someone a healing, guess what? That same Divine Energy flows through us as well! It's not only helping to clear and balance our client's cells, DNA, chakras and subtle bodies, but our own as well.

Whenever we ground, connect and put ourselves consciously in the flow of Divine Love & Oneness, we open up our whole cellular/DNA structure to new codings of Divine Light. That's all very wonderful, but often what happens is the transmission, or download, is now very quick, very fast and our poor old dense physical body sometimes needs a bit of time to catch up to the more highly vibrating parts of ourselves. After a little rest or sleep, you should usually find you bounce back pretty quickly. If you don't, then take time to examine your thought processes and patterns. See if there's anything there that's preventing you being the God/Goddess you are, vibrating with multi-faceted rainbow Light.

Once you have learned to make your physical body your Body of Light, then this tiredness simply won't occur, and every healing will give you lots of energy instead. It's always important to make sure you're grounded. We can't really do anything successfully on this planet unless we're fully connected to the Earth, and we need to do it at a very high level of vibration. Sending cords down and visualising roots were a great help in the past, but now we are vibrating much more finely and so we need a matching grounding procedure. We also need to connect to Source/Divine Energy, because if we're not connected to our creation point, how can we create anything at all? The twin energies of Earth and Source actually run through us continually, but it's our consciousness, or Intent, that fully activates the stream.

You'll also find, that when you're fully grounded and connected, those little everyday things that often throw us, simply won't. You'll find that more and more, they

cease to bother you. When you're fully grounded, fully connected and in the flow of Divine Energy, your healing sessions will be so much clearer and far more enjoyable for both you and your client.

Another paradigm that's passing, (thank Heaven because it's always driven me nuts!) is the constant invitations to continually paddle in pain and suffering from the past. Some of us have had the most dreadful lives for one reason or another, and yes, they *do* need to be faced, acknowledged and cleared. But then, THAT'S IT! Not only is there is absolutely no need to keep prodding and poking it like a hole in a bad tooth to see if it still causes pain, but it absolutely won't help us to get past anything, if we do!

What helps us to get over a very difficult past, is to keep ourselves as balanced and whole as possible as we are, *right now*. If we keep looking over our shoulder at past traumatic events we, oh so easily, miss the beauty and grace of where we are in this moment now, and end up feeling that nothing ever changes. Well, it did, but we were too busy living in the past to notice!

Oh yes, the past will pop up unexpectedly and give us a wallop from time to time, but the thing is not to let it throw us completely. We may wobble a bit, that's natural, but then we breathe, ground and connect to Source, letting the trauma flow from our cells on the out-breath. Then we check, where am I *now*? What's around me *now*? How many blessings can I count *today*, no matter how small? That puts an instant stop to the drama we've started to run again. Often it takes a while to totally work through our "stuff" and it's often difficult to do, it cannot be denied. As long as we have the Intent to keep moving forward rather than back, however, then we will make true progress.

To help clear past trauma, ground and connect, then perform self-Reiki or whichever healing modality you've been taught. Having regular sessions from another practitioner will also aid the process. Make no mistake, we are also now in the paradigm of self-responsibility and self-healing, so although having help is a real gift, we each have to do the bulk of the work ourselves.

Healing energy should always give your cells and DNA a lift - like a mini spring-clean, whether you're the giver, or the receiver. If they don't, check your thought patterns and ensure they are taking you to a higher, and not a denser vibration. Stay connected and grounded and feel the Divine Energy flow through you, healing, balancing and revitalising every part of you. And so it is.

UPCOMING EVENTS - EAST COAST

AURA-SOMA MEDITATION CDs

For anyone who loves working with Aura-Soma colour, Nura has just released two **guided meditation** CDs, one working with Pomanders, and the other with the Quintessences. As with everything Nura does, they are very beautiful. The CDs can be posted to you anywhere. Please contact Nura direct to obtain your copies

www.livingunity.com 02 6684 3709.

WOMENSPACE - Meditations, meetings and workshops. A beautiful space for women to come together. There are also rooms available to hire for workshops. To receive a regular Newsletter with details of all upcoming events, please contact; Glenys McChesney-Clark, Coordinator Womenspace, 12-14 Homebush Rd, Kedron Q. 4031 Ph: 3357 7444 www.womenspace.org.au

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Future dates (Fridays):

14th Dec 2007, 22nd Feb, 25th April 2008

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Rose Ph: 04 0819 9687 3357 7903 roseweaver9@hotmail.com.

Sheila Ph: 3357 9291 or 0421 318 575

sheilaheartsoul2004@yahoo.com.au

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For details of the next **Gift Retreat** please contact.

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"It is probably true quite generally that in the history of human thinking the most fruitful developments frequently take place at those points where two different lines of thought meet. These lines may have their roots in quite different parts of human culture, in different times or different cultural environments or different religious traditions; hence if they actually meet, that is if they are at least so much related to each other that a real interaction can take place, then one may hope that new and interesting developments may follow." ~Werner Heisenberg

IN SWEET GRATITUDE

This morning I woke up to diamonds. The mist-filled landscape shimmered with trembling, refracting, reflecting, light-filled rain drops. My feet, wet and cold, stood upon a field of emerald green with scattered diamonds. Soft, sparkling drops showered my face and filled my open hands. These diamonds of heavenly blessings have brought us wealth beyond measure. Blessed Be.

Walk every day in Peace and Clarity
God/Goddess you are

Linda xxxx

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