

# Our Colourful Times

COLOUR RESONANCE NEWSLETTER

QLD ISSUE 10

OCTOBER 2007

## LETTER FROM LINDA

*So here we are back in Brisbane, having arrived in the very early hours of last Tues morning and we're already preparing to leave again this coming Thursday morning! We're off to Jesse & Amanda's wedding in Adelaide. Just a quick trip this time. There was talk of my going straight to Perth after the wedding as we still have many things to do at the house ahead. In the end, however, I really felt I needed some down time in Brisbane before taking off again.*

*The Reiki courses in Perth went marvellously and I feel truly blessed, not only in the way the courses unfolded, but especially for all the gorgeous women who came to take Attunement. There were many tears of joy from all of us as the tenderness of Divine Energy flowed through and around us.*

*In the everyday world, it was one frustration after another. We had planned that Gordon would spend time working on the house and garden at Rhonda Ave while I ran the Reiki courses. It was not to be! We came up against many little hiccups; heavy rain, sick children, their garden gates, and a non-delivered kitchen, printers that wouldn't print, computers that wouldn't compute, thick cigarette smoke in the city malls and, in the middle of it all, Gordon got sent back to Moranbah for several days! All this resulted in an extended stay for both of us in Perth. The blessings though, were that I had the most beautiful Reiki courses ever; we had clear, warm weather for the whole of the last week and, most of the garden now looks great. The kids began to recover from the flu and, our extended stay meant that I could attend Claudio's Equinox Sweat Lodge, which was totally blissful and re-grounded me totally. So it all worked out perfectly in the end!*

*Brisbane workshops for 2008 will be in next months issue. Till then,*

*Abundant Blessings of Love, Linda xxx*

## AVAILABLE AT COLOUR RESONANCE

- Aura-Soma Readings and Chakra Massage
- Intuitive Healings with Colour, Sound & Crystals.
- Reiki Training – all levels
- Aura-Soma Training—Level I Foundation course
- Workshops
- Gift Certificates

From January next year, I will be devoting myself a little more to settling in Brisbane! Towards this end, I am formulating a series of classes and workshops to run through the year. As well as Aura-Soma and Reiki trainings, the courses will cover topics such as, A Journey around the Colour Wheel, Colour Psychology, Our Multi-Coloured Chakras, Etheric Body Rescue Techniques, How to Heal with Colour, Sound & Crystals, Goddess Days, Sound Healing workshops, Dancing the Rainbow and Activation Meditations.

I'm hoping to have the full year's programme mapped out by the end of the year and will put it all in the Dec/Jan Newsletter.

I shan't be available for treatments or Reiki training in Brisbane until the first week of Nov now. Please do give me a call though, if you would like any more info on any of the above. Mobile or email will be the best way to reach me for the next month or so. I know mobile calls can be expensive, so just give me a quick call to leave your name and number, and I'll ring you straight back.

*(All contact details on last page.)*

## BLESS YOU!

When relating something someone has done that causes massive eye rolling, my London rellies say "Bless!" Actually, it's a great thing to do. Bless everything! We have probably all heard about Masaru Emoto's experiments with water. They proved that that which is blessed is always pure. So, bless the kids, bless the cats (hard I know, but try,) bless the dog (easier for some of us,) bless the one who pushes your buttons, bless events like the tsunami, bless the crappy day you've just had, bless the rain when you've just hung out your only pair of sheets, bless the postman when he only brings you bills, bless all the red traffic lights, bless the "ejit" (Irish for idiot) who doesn't move on the green lights, bless the pollies, bless the party over the back, still going at 2am when you have to get up at 6am, bless the birds that wake you at 5:30am when you've just dropped off. Bless you for reading this Newsletter!

## THE TERTIARIES - TURQUOISE

Turquoise is made up of mostly blue, with a little bit of yellow. Like most tertiaries, it encompasses more than one Chakra, and Turquoise has for some time, been assigned it's own Chakra, the High Heart, at the Thymus (*Ananda Khanda in the Aura-Soma system.*)

This colour and Chakra are linked to our immune system and so it was timely that it first began to take hold in the human consciousness on a large scale, at the same time that AIDS began to ravage the world in the early eighties.

Noelle Leven often told us how she worked in the hospitals and clinics in America, using Turquoise light to help stimulate the flagging immune systems of AIDS patients.

Turquoise also touches on the solar plexus (that little bit of yellow), the heart, (because yellow and blue make green, and yellow must travel through the heart to reach the thymus,) The High Heart Turquoise, the throat, (blue) and the 3rd eye (deep blue).

All blues have one main thing in common, the aspect of communication. In medial blue, there is the communication of small groups, in deep blue, there is a more introspective communication with our inner-self. In Turquoise however, it is about mass communication on a global scale. Fast, effective, and able to reach the most amount people in the shortest space of time. This leads inexorably to technology; the internet, mobile phones, PDAs, TV, etc etc. Turquoise is not so much about those who programme computers and invent new technology, but rather about those who like to play with it.

Play is an aspect that fits perfectly with Turquoise, as it's the colour that also aligns with Dolphin energy; playful, spontaneous animals who seem to be always smiling, and who love to work and interact in groups. So we see that Turquoise, quite unlike red or yellow, is much more of a team player; happiest in groups where they need only follow general directions and don't suffer constant pressure and rigid time frames. Once given a basic idea, then watch the Turquoise personality fly. They do not like to conform, but need ample space to "goof off", to play with whatever substance or direction they're given to see what they can do with it. They are totally creative, but only when it's in the aspect of play. Give them a deadline and a heap of pressure and you'll get nothing at all.

Employees at Google are encouraged to combine work and play. It wouldn't be effective in many businesses, but it works perfectly for Google and their employees. Google maintains that juggling, playing guitars, rollerblading and socialising and so on, in brightly coloured offices with access to free refreshments, and lots of opportunity to spark off each others ideas, encourages the creative processes. They interview prospective employees by committee; their basic fringe benefits include first-class dining facilities, child care, gyms, laundry rooms, massage rooms, hairdressing, carwashes, dry cleaning, commuting buses. Almost every project at Google is a team project, and teams have to communicate. Each staff member is expected to e-mail a snippet once a week to their work group describing their week. The whole workforce has a weekly assembly to share info, questions and answers. All in all, shining example of Turquoise at work! And it does work. Google is one of the most successful companies this decade and still expanding!

The opposite of this is the negative Turquoise personality. One who can't or won't join in any group activity; who fears or despises technology; who needs rigid boundaries and timeframes, even when none of this is serving them well. Artistic pursuits, or surfing the net, will be seen simply as a waste of valuable time.

Another aspect of Turquoise is how it relates to the child within each of us. It's our playfulness, our child-like innocence and our sheer joy of being in the moment, as only children and animals can be. When we have no creativity evident, when we find it hard to relate to others, to work or play in a group and when there is no spontaneity in our life, then we need to take a closer look at our childhood. Sometimes, Turquoise can reveal the "lost child"; one who is always on the fringes, not really wanting to be on their own, but not knowing quite how to join in with others. This leads to an isolation that is very difficult for the creative Turquoise child, and their natural spontaneity and creativity will slowly die when it's not nurtured. As an adult, they will always be the ones to say they can't paint, draw, sing, play, act, write or dance. The thing is for these lost children (as adults), is to realise that they don't have to do any of these things *perfectly* but simply enjoy having a go! (*I know at least three people who have taught me in art, dance and sound, who will be smiling broadly when they read that!!*)

Another aspect that Turquoise reveals, is a link between all the Timelines of human civilisation. It represents Lemuria, Atlantis, the Mayans, Tibet and Native American Indians. In Aura-Soma readings, when Turquoise appears in the lower fraction of the first Bottle, I have often found that this person has some karmic link to Atlantis which they have come to clear once and for all. (We know it's once and for all when the same issues come up more strongly, again and again until they are so in your face that there is absolutely no escaping them!!) The complementary to Turquoise, Coral, also links to the Timelines and, together, these two colours can show us how to, not only tap into our ancient wisdom, but use our creativity to find greater joy and spontaneity in living our life, in the moment.

There is a great deal of flow in Turquoise. When we think of Turquoise coloured waters it immediately calls up warm, tropical oceans where we sail, swim, snorkel, float and generally, relax. Turquoise reminds us that at certain moments of our life, we need simply to "go with the flow", without resistance, without knowing where the stream of life is taking us. When we do this and breathe deeply, we move a little closer to hearing the whisperings of our heart; that "still small voice within."

Turquoise is what I call "the trains and boats and planes colour". It's about travel and movement, concerning both our inner and outer spaces. It contains green, the Earth upon which we travel by car, foot, bike or rail; it contains blue, by which we travel over water, or through the air; it contains yellow which is about the speed with which modern travel is possible and the light that we are often seeking. When Turquoise comes up in the last Bottle, it's often an indication that a move is about to take place. On which level the move is likely to occur, may be determined, to some extent, through the first 3 bottles. Although, our future is always changing, depending upon how we live each moment in the now.

Turquoise also reveals a connection to outer space and ETs. The starseeds from which we came, and the ones scattered across the Universe that are also part of us. It's also about our connection to the inner-Earth and to the Nature & Sea Devas. Turquoise Butterfly Essences are wonderful assistants to aid our communication with all beings from other worlds and dimensions; they help us to have finer communication with them

So, no matter if you've had no training, no matter if you feel you've no talent; dance, write, sing, act, play, draw and have the most fun ever, by simply having a go! Find your greatest joy in spontaneous actions, in playfulness and in absolute silence. Hear the inner and outer communication of Spirit, as you travel the timelines of your whole existence. Be One; the All that there is, by being your own creative expression of the Divine. Have immense fun on your journey, and make every day, a Dolphin Day!

## TURQUOISE AURA-SOMA BOTTLES

There are 13 Bottles in which contain Turquoise, and several more which shake to Turquoise. Its first appearance is in B9 and its last appearance is in B83. Let's have a look at these first and last appearances of Turquoise and also at the two Bottles which contain only Turquoise, B43 and B62. In the Aura-Soma system, Turquoise represents, **"The creative expression of the heart from the feeling side of the being."** Jung called this the process of Individuation : the process of coming to know all the parts of oneself, and learning to give them harmonious expression; a drawing-back of all our fragments.

**B9 "The Crystal Cave"** Turquoise over Green (shakes to deep Turquoise) *Outward journey of The Hermit tarot card.* This bottle is very much about the truth which lies within our heart, but which we cannot always bring into expression. B9 represents the journey around bringing that heartfelt creative expression out; facing our fears and our shadow side, and finding the star that we are rising within us. Like the hermit, we need to retreat into the cave for a little while in order to do this. Our cave, however, is crystal and holds the imprint of our karmic/DNA patterns. Here is where we learn to embrace both the light and the dark of who we are and transmute them into Oneness.

**B43 "Creativity"** Turquoise over Turquoise. "Creative communication. The process of individuation unfolds. *Eight of Cups Tarot.* On Earth, we are physically as far from Source as we can be and still retain the Divine Spark. We are here to learn about individuality, loving ourselves, just as we are, warts and all. This can take aeons. Even when achieved, this is only the beginning of our journey; then we begin the process of merging once again into Existence itself. Steven Lumiere says we retain our sense of individuality, be it ever so slightly, right up to the moment before this final merging takes place.

**B62 "Maha Chohan"** Pale Turquoise over Pale Turquoise. 3 of Swords tarot. Going with the flow of life, in gratitude. Maha Chohan is known as "the teacher's teacher". This bottle may open us up to the ocean of universal consciousness. We are One but we are many. We begin to see our reflection in every Soul we meet. They become our greatest teachers. The more we recognise our greatness, the more humble we become. The more we realise what we have to give, the more gratitude we offer to The Beloved. This bottle is far more intense than B43 and the lessons within are the same! Instead of being overwhelmed by them, however, the greater possibility is that we learn to ride the storms in the ocean of life and come safely to the shore.

**B83 "Open Sesame"** Turquoise over Gold, shakes to Olive Green. *Return of the Heiropphant tarot card.* A bottle for our times. Ancient wisdom not easily seen or acknowledged, can only be revealed when we are prepared to face our fears and bring the light that is stirring in our belly up; through our solar plexus and heart, and into the thymus, to give it creative expression. Our ancient wisdom is our treasure chest. Women throughout the ages have been persecuted for their wisdom and it was been deeply hidden for a long time. Now the star is rising. The journey through the Chakras awakens our longing for the Divine Feminine, brings joy to banish confusion, and allows more light into a the heart. Finally, we can embrace the hidden treasure of our wisdom as the Star ignites Ananda Khanda and causes it to fully awaken. The olive green in this Bottle, brings a new order of leadership and power for both men and women; one full of heartfelt creative expression and Divine Light.

**Turquoise Pomander** - use when needing to tap into your Inner Child and/or your creative essence. Good for art, dance, or creative writing classes. Helps us to go with the flow of daily life.

**Turquoise Quintessence** - Hearing the still small voice within. Good for teachers to keep us humble. Reminds us to offer gratitude, even for our greatest challenges. Helps us understand that everything needs to be processed through the heart for greater inner and outer communication.

**Turquoise Colour Essence** - Ideal for communicating with the Devic realms, including those of the sea and of the Inner Earth. Teaches us without teaching. Opens our High Heart (Thymus Chakra) to Angelic communication.

*"Light on Earth measured at the quantum level is not a summary of the amount of light and dark parts, but rather the balance of the quotient of what the few light parts are creating for the whole. For instance, a glass of water might contain eight ounces of water, but add a few molecules of flavouring, and the entire glass of water has become "flavoured water." Light is like that, where the interdimensional properties of the Human who meditates and prays are flavouring the entire earth's vibration.*

~ Kryon

*"...But we also add to our own suffering in other ways. All too often we perpetuate our pain, keep it alive, by replaying our hurts over and over again in our minds, magnifying our injustices in the process. We repeat our painful memories with the unconscious wish perhaps that somehow it will change the situation—but it never does..."*

~ his Holiness the Dalai Lama

*"When you become conscious of Being, what is really happening is that Being becomes conscious of itself. When Being becomes conscious of itself— that's presence. Since Being, consciousness and life are synonymous, we could say that presence means consciousness becoming conscious of itself, or life attaining self-consciousness. But don't get attached to the words, and don't make an effort to understand this. There is nothing that you need to understand before you can become present."*

~ Eckhart Tolle

## A COSMIC RAINBOW by Noëlle Leven

Drastically reduced to **\$35 each**. A **saving of \$50** on the original price. It can be posted to you anywhere, so be sure to order in time for Christmas!

Noelle's book contains a great deal of knowledge about colour which may otherwise be lost in the proliferation of popular printing methods which simply give quick and easy ways to use colour. This book takes you deeper, into the realms of ancient lore and culture; into the temples of Egypt and Atlantis. It helps you to explore colour through the old and the mysterious, as well as the modern and more widely used methods of colour therapy.

## THE REIKI PAGE

Spirit constantly shows us the value of trust. During my recent Reiki courses in Perth, I was shown again and again, how, when we trust in Spirit, everything simply unfolds. Instead of trying to manifest things, my personal journey seems to have been about NOT doing that at all. In fact, doing most things less and less, but a lot more of just one particular thing - Trust!

Whilst the spiritual side of life during the Perth visit, went incredibly smoothly, as I've mentioned on the front page, we faced a heap of challenges in the 3-D world. It would have been so easy to let it all affect the spiritual, but this didn't happen. Instead, as the everyday world got a little tougher, the spiritual world became so much easier.

So how can we move through these everyday challenges? We can only be in them; to completely and absolutely let the happening absorb us, experiencing it to the full. Then, at some point, it becomes so ludicrous, we just have to laugh. Laugh at ourselves in the moment, even when our experience is, that we get cross with it all. Somehow, just at the moment the inner dialogue is full of "grrrrrrrr", something shifts and a glimpse of the bigger picture is seen. In that tiny, tiny moment when the window of consciousness opens, we can fall into the vastness of Creation for a nanosecond and catch ourselves being human. Frankly, all we can really do when it happens, is to laugh.

When we try so hard to accomplish something and everything seems to rise against it ever happening - ride with it. Take the roller coaster of life and let it pull you up to the highest peak, and then drop you like a stone. Just at the point at the bottom when you realise you're still alive, it whisks you around a sharp bend, changing your direction in an instant. This is not the way you planned to go, but now you're on the ride and can't find a way off without absolutely killing yourself. Up and down, and just when you think you've reached the bottom, oh no! Another vertical drop. On and on. No matter how quickly you try to think, the ups and downs and twists and turns, just won't let your head clear.

So, what can we do when we're on the roller coaster of life and feel we have no control? How about we simply surrender to not having any control? Can we surrender to the rapid rises and the vertical drops; surrender to those sudden changes of direction that take us where we had no intention of going? Each ride we experience in our life is set (to some extent.) It finishes when it finishes; railing against it does not help at all.

Is there even a small chance, that if we let go; if we stop resisting; if we stop trying to control things, that we could, just a little bit, actually enjoy the ride? Can we take the experience of feeling that certain death is imminent and, instead, realise we are still alive and, in doing so, turn the experience of fear into inexpressible joy?

Each ride of life is an opportunity to surrender to what is. When we do this, and let the ride continue to its end, not knowing when or how that end will occur, we grow a little more. We begin to find spiritual maturity as we embrace what is. The more we can enjoy the ride, the less upset, angry, frustrated and fearful we will be. One thing we do know is, that everything does end—eventually!

Daily practise is often what provides us with enough ballast to keep our heads above water during these wild rides which we have organised for ourselves to experience. Whichever your modality, don't neglect your daily practise of grounding and connecting; of offering gratitude and blessings to All. Those who practice Reiki can perform self-healing, practise deep breathing, say the Reiki Creed (Precepts), sit in seiza (kneeling meditation), letting Divine Energy flow through you to heal and balance on all levels.

Peace and harmony. These two things are what we all seek and are the basis of a healthy life. They begin with the breath. Deep, slow breathing immediately brings peace. If deep breathing makes you feel sick or anxious, then you will need to work on your solar plexus first. The anxiety is merely the ego at work, wanting to hold on to what it knows, even when it's unhealthy and doesn't serve you, like shallow breathing. Today, see if you can manage just one deep breath. Tomorrow, try two. That's all. First one, then two, and so on. Gradually the fear and anxiety will subside. Don't push it, just flow with it.

No matter which level of Reiki you are, no matter how you have been taught, always seek to find balance, within yourself, within your client, within your Reiki practice. If you let the ups and downs of life get to you, how can you be of the best help possible to those who come to you for healing? Just try, with one breath, with one ride at a time, to go with the flow; just try once, not resisting change; try just once, breathing and surrendering to what is. You will feel a deep sense of peace flow through you in the moment you truly surrender, and it will be blissful. Wouldn't you like to offer that to your clients? Oh yes!

Peace and Harmony during the wild rides of life - what could be more welcome? Use your daily practise. Flow with everything. Breathe. Enjoy the ride you've created!

## UPCOMING EVENTS - EAST COAST

### ROBERT BOYD CONCERT

Inspired Healing and Meditational Music

**Saturday 21st October 2007**

All Souls Church

Ashton Street Bangalow Nth NSW

from 7PM sharp to 9 PM. Admission \$20.

Enquiries: 04 3880 1203

### SOUNDSCAPE HEALING JOURNEY with

Camilla Nova & Cameron Mercer

**SAT 13TH OCT at Myocum, via Mullumbimby \$25**

Gongs, Crystal & Tibetan Bowls, Bells & many World Instruments. Limited places bookings essential.

Camilla: 04 3884 4089 [info@lightheartedliving.com](mailto:info@lightheartedliving.com)

Cameron: 04 0717 6563 [crystalhealing@hotmail.com](mailto:crystalhealing@hotmail.com)

### 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](http://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](http://www.womenspace.org.au)

### LYELL DEER FARM

Full Moon Drumming, New Moon Womens' Circle, Medicine Drum Workshops, Peace Fire, Sweatlodges and heaps more.

**Contact Maureen for the current programme**

**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)

### AURA-SOMA LEVEL III ADVANCED

with Vicki Engeham in Dunsborough, WA (Residential)

*THIS COURSE IS COMING UP VERY SOON, SO THINK ABOUT BOOKING NOW.*

**9th - 14th NOVEMBER 2007** at the beautiful "Birdsong" B&B in Dunsborough, WA

Vicki's courses are always beautiful, gentle and totally memorable, so don't miss this one if you're ready for Level III. For lots more details on the course and accommodation, please call,

Paula Milner 04 1792 3374 or 08 9756 6602

Email [dpmilner@inet.net.au](mailto:dpmilner@inet.net.au)

### "SOUL DREAMS - 7 STEPS TO TRANSFORMATION" - ALICE SPRINGS

Working with The Tree of Life with Alysea McArtney  
**5th - 8th OCTOBER 2007** \$800 (inc accommodation)  
*The Tree is a Spiritual life-coaching tool with deep mystical and esoteric teachings. The '7-Steps to Transformation' are revealed to us through our soul dreams. Learn how to link these dreams to your state of consciousness." 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](mailto:alysea@colourinu.com.au)

### ASTROLOGY COURSES & CONSULTATIONS plus "Heal your Life Workshops"

with Dorothy Barr

**ASTEROID GODDESS REPORT & ZODIAC CHILD**

**REPORT** 46 page colour, beautifully written & presented \$75.00 each plus postage. **04 3825 3060**

### WOMENS' GIFT CIRCLES

The Gift - A Woman's Rite to HerSelf

**Next Intro evening: Friday 26th October 2007 at 6.30pm**

*Future dates (Fridays):*

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

Womenspace 12-14 Homebush Rd, Kedron

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

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

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

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

**www.shematrix.com.**

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

*Vanessa Behne 02 66841177 04 0258 3279*

[vbehne@aapt.net.au](mailto:vbehne@aapt.net.au)

*Dee Powell 04 147 000 40 [elfen@iprimus.com.au](mailto:elfen@iprimus.com.au)*

*I really believe we've moved out of the realm of Karma into one of Grace.*

*~ Bono*

*If people become better Hindus, better Muslims, better Buddhists by our acts of love, then there is something else growing there.*

*~ Mother Teresa*

May you achieve Peace & Harmony during the roller-coaster ride of Life!

*Linda xxxx*

**NEWSLETTER SUBSCRIPTION is \$10.00 for one year.**

**IF THIS BOX IS TICKED, YOUR SUBSCRIPTION FOR POSTED EDITIONS IS DUE FOR RENEWAL.**

*(Emailed version is free.)*

**LINDA GRAHAM AT COLOUR RESONANCE**

**1 COTTESMORE STREET, FIG TREE POCKET, QLD 4069**

**PH: 07 3878 5953 MOB: 04 1331 1208**

**EMAIL: [linda@colourresonance.com.au](mailto:linda@colourresonance.com.au)**

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