

Our Colourful Times

COLOUR RESONANCE NEWSLETTER

QLD ISSUE 11

NOVEMBER 2007

LETTER FROM LINDA

I've just arrived back from Perth and our house in Rhonda Ave is finally on the market! Whilst I was there to give the finishing touches to the house and garden, I also found time to present a couple of workshops.

The impromptu Etheric Rescue Workshop, attracted 20 people, so it was a good job the house was completely empty and we could all spread out. This healing technique is specifically to help repair and anchor the Etheric when it is still resonating from past shock and trauma, through the use of colour, crystals, sound, silks and Aura-Soma.

The following weekend end saw the Divinely Dancing workshop presented by Five Fabulous Facilitators. It unfolded in the most beautiful way and there was a great deal of fun and laughter on both days. The workshop finished with a gentleness and grace through the colour Magenta, that blessed us all. The ambience was superbly enhanced by the Chapel at Wollaston Retreat, with it's irregular architecture and randomly placed coloured windows. An amazing venue and just perfect for our purpose.

I hope it won't be too long before I can present similar workshops in Brisbane. I'm hoping to travel a great deal less next year and devote a bit more time to grounding my energy here in Brisbane. For those who couldn't make the colour courses or meditation nights last year, I will be offering these again from February onwards, so I'd love to see you there!

In the Newsletter this year, we've looked at the colours from the point of view of primaries, secondaries and tertiaries. In this issue, I hope you'll enjoy reading about Indigo/Royal Blue, a colour to take you deep, and then deeper still, into the infinite silence of absolute peace. Next month is our final colour, Magenta! Till then,

Harí Om Tat Sat, Linda xxxx

A NEW BOTTLE IS BORN! ARCHANGEL RATZIEL

Misty Pale Olive over Misty Lilac



I feel really honoured to be presenting you with the birth of the new bottle Archangel Ratziel, it feels like it is an incredible step forward.

On Friday, 19th of October 2007 on Shire Farm at the sixth Chakra, we planted a three meter standing stone. One of the symbols associated with Ratziel just happens to be a standing stone. Thus there is a very strong connection with Ratziel and this stone. In a sense it is part of the activation of Shire Farm in relation to the planetary grid, the light network emerging towards the new time on the planet.

Ratziel is a master alchemist; he is able to transmute conditioned patterns through inner alchemy towards pure gold. The colours of this bottle are milky or misty pale olive over misty lilac. In a sense making conscious the situation and circumstance to do with bitterness of the past and turning it towards the sweetness of spirit. The misty quality in the upper fraction, slightly disguising the olive is already part of the alchemical process. It has an incredible smell and I think probably in the whole range of the Aura Soma® system, is one of the strongest smelling bottles. It is both invigorating and relaxing.

This transmutation of bitterness (of experiences of the past towards the sweetness of spirit) overcomes the conditioned patterns, loosening the bars of conditioning towards a perspective of the wisdom that lies within. There is a sense that something new is being born in synchronicity with the new standing stone on Shire farm, and the gathering of some of our distributors from around the world who happen to be at Dev Aura at this point in time to share in the energy and the birth of Ratziel. Three signs that something new is being born. How does this Archangel, who helps us bring forward our gift and overcome our challenges, somehow facilitate the increase of the light web through the human and the planetary grid connections?

Ratziel is also an Archangel of personal empowerment; helping us where we have held back from situations and circumstances when we might have stepped forward. Ratziel empowers us to do the right thing, to be able to express what is necessary, to take up our role as part of the solution rather than be contributing inadvertently to the problem. It is true to say that dealing with the karmic seeds of the past is to be able to overcome or transmute those seeds into something more positive, which is a consequence of the quality we bring in the moment to whatever we do; to be present to the wonder of the moment and not lose ourselves.

These are initial thoughts in the first few moments after the birth of Ratziel. I hope that you get a sense of the significance and importance both globally and individually in relation to the birth of this Archangel at this opportune moment in our planetary journey.

Love and light

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www.shematrix.com.

Gift Retreat on 16th, 17th & 18th Nov 2007 at Mullumbimby NSW.

Vanessa Behne 02 66841177 04 0258 3279

vbehne@aapt.net.au

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Contact Maureen for the current programme

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WOMENSPACE - Meditations, meetings and workshops.

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MARGIE'S UNIQUE METAPHYSICAL MANDALAS

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PH: 08 8339 4606 mhannsyme@optusnet.com.au

or visit www.margiesmandalas.com

SINGING GROUP

There is an *à capella* singing group which meets at Chapel Hill Uniting Church (cnr of Moggill & Chapel Hill Rds) **every Wednesday at 8pm** (excluding school holidays).

The group is open to women of all ages who just want to sing for the love of it. For more details, contact **Shelley McDonald** of Dream Art, *Creative Fantasy Portraiture*. Ph: **04 0248 5974**
shelley@dreamart.com.au www.dreamart.com.au

AURA-SOMA LEVEL II INTERMEDIATE

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SAT 23rd to Thursday 28th February 2008 inclusive **\$650**
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Taking you a little deeper into the Bottles, this course reveals how they work with Numerology and Astrology. Certificate Course

Contact: Tricia Rigo (Perth) **04 0964 8827**

tricia_rigo@yahoo.com.au

or Linda Graham (all other states) **07 3878 5953 04 1331 1208**

EMAIL: linda@colourresonance.com.au

PROPOSES COURSES WITH LINDA BRISBANE 2008 - Dates TBC

I have held many different courses in Perth over the last few years, and I'd love to share some of the more popular ones with you now I've moved to Brisbane. I've listed some proposed courses below, to begin from February next year, and hope to have firm dates ready for the next issue. In the meantime, if you are interested in any of these courses and would like to know more, please give me a call.

- **Weekly Meditation Evenings**

COLOUR WORKSHOPS

- Our Multi-Coloured Chakras - 1 day
- Etheric Rescue Technique - 1 day
- The Colours and Numbers of your Name - 1 day
Abridged version - 1 evening
- Colour Tableaus for Meditation & Healing - 1 day
Abridged version - 1 evening
- How to Heal with Colour - weekend course
- Colour Psychology - over 2 x weekends

AURA-SOMA COURSES

- Level I, Foundation - 6 days
Sat 8th March—Thurs 13th March inc
- Working with the Masters - 1 day
- Working with the Colour Pomanders - 1 day
- Your Birthday Bottles - 1 day

REIKI TRAINING COURSES

- Reiki I - weekend course
- Reiki II - weekend course
- Reiki Teacher Training - 5 day Intensive
- One-on-One training also available - all levels

- **A Day for Women - 1 day**

- **Soundbath & Sound Healing - 1 day**

HEALING & CONSULTATION SESSIONS

Aura-Soma Bottle Readings
Reiki with Colour Sound & Crystals
Chakra Massage with Aura-Soma Oils
Etheric Rescue (for shock and trauma)

All my contact details are on the last page of this Newsletter.

INDIGO/ROYAL BLUE & THE 3RD EYE CHAKRA

There is an important point to be made about this month's colour within the system we are using for this series. In terms of the 7-colours of the Rainbow and traditional Yogic philosophy, the 6th colour which sits at the 3rd Eye Chakra is Indigo. Indigo is not a tertiary, but a *shade* of blue. It's simply a very deep version of the same light blue of our daytime sky after the sun has set and there is virtually no light available. Indigo can best be described as Midnight Blue, Blue-Black, or Navy. It isn't any shade of purple or violet as there is absolutely no red present.

Within the Aura-Soma colour system, however, the colour which sits at the Third Eye and which fits neatly into the system we're looking at, is called Royal Blue. This colour *does* have a little bit of red added so Royal Blue, therefore, *is* a tertiary colour - 3 parts blue, (a secondary), and 1 part Red, (a primary). When we look at the 3rd Eye colour as Royal Blue, what unfolds is a continuing story. Red now re-appears, but this red has changed from the raw red found in the Base Chakra. It's now the "Ascended Red"; well-travelled, mature and experienced. It is no longer merely concerned with surviving, but can now offer life experience and spiritual maturity to our further unfolding.

In this much deeper version of Blue, we find the Ascension process of The Christ and the metamorphic quality of the caterpillar. When Jesus returned on the 3rd day after his entombment, he appeared to various people who, at first, did not know him. He was subtly altered, refined, more full of Light, and it wasn't until they looked more closely, that they eventually recognised him as the Jesus they had known before.

So we see in Indigo/Royal Blue the aspect of going within; stepping into the darkness to die a little bit; to surrender to what we have been, in order to grow into what we may become. Deep prayer, chanting, meditation and contemplation are the keys which help us enter this cocoon state. In these moments, we are able to embrace the darkness fully; not fearing it, but loving it. We also see this within the sweatlodge. Darkness there is absolute. Eyes do not adjust. It remains totally dark and, whether the eyes are open or shut, it makes no difference. Here is a place to face our fears, to face ourselves, to go back into the womb state, to open and embrace the opportunity to exhale the life we have lived so that on the inhale, we are reborn into a new life, full of new potentials and new possibilities.

Within the cocoon, the tomb or the sweatlodge, we are safe from the elements; warm and nourished, we are asked only to exist, and to be present to our process. The blessing of the darkness is that, without it, we wouldn't see the beauty of the stars at night or, our own Inner Light. The type of space that exists within darkness is unlike any other. It's full of potential, but we need patience as we wait for our transformation to begin. We wait to be reborn, like the seed which becomes a flower, or the caterpillar which becomes a butterfly. Our consciousness begins to expand within the depth and silence of our spiritual practices, and we wait. Slowly, we develop from base human into a much higher resonance of ourself. Indigo/Royal Blue holds the promise of transformation that is delivered in Violet.

Blue is the colour of Peace and Calm and in Indigo/Royal Blue, this is deepened and we are able to experience "the peace that passeth all understanding." This happens when, through prayer and meditation, we become more content, more compassionate, more unified. Rather than try to force a change within ourself, we simply sit and observe what is happening; becoming the Witness, the Watcher. No judgement, no ambition, just aware, awake and observant. Once we stop trying to judge, to control things, something else is allowed to happen - we begin to open to new ideas, imagination and, most importantly, our higher intuition.

Generally, we are either predominantly clairvoyant, clairaudient or clairsentient, but some have two, or even all three of these abilities, fully operational. It's important to realise, however, especially for those beginning their spiritual journey, that our level of psychic development is in no way, a measure of our spirituality. In fact, quite the opposite may be true! It's different for each one of us.

When we begin to work with our Brow Chakra, we are greatly challenged by our ego. We face glamour after glamour, during which our challenge is literally to "see" through the deceptions, tricks and razzle-dazzle that the psychic world often lays before us. A "glamour" is something we want so badly, that we manifest it from our ego-mind, but which is not necessarily coming to us in pure truth. We have the experience we want but, like dreams, it disappears when we finally wake up to ourselves.

The complementary colour to Indigo/Royal Blue is Gold and, these bring forth the Ancient Egyptian energies which often manifest when we work with this Chakra. We may well meet the Ancient Master, Thoth, the Great Trickster. He tricks us, not to be malicious, but to sharpen our senses for pure truth. If we are deceived by our own ego, it's our fault, not his! When we meet the challenges that the expansion of our 3rd Eye Chakra brings, with humility, grace and an open heart, the story is quite different. It's possible to actually taste, smell, hear, and feel the difference between psychically induced glours and true spiritual manifestations, even when they look the same at first glance. They're as different as plastic roses from those growing soft, fragrant and alive in the garden.

All the blues hold the shared aspect of communication. In Turquoise its very much outside of us; quick, fast and often technological. The hue of blue is more about one-on-one and small groups where we can speak to each other face to face. Indigo/Royal Blue, however, is about the inner communication we have with our Higher Self/God/Existence/The Beloved. During the meditative process we may finally hear that "still, small voice within."

That little bit of red within Royal Blue gives this deep colour a hidden strength and energy. This is often needed when we go through spiritual difficulties and challenges. It represents our consciousness awakening at a higher level. When we go into a deep state of prayer or meditation, we are able to touch parts of ourselves with which we have not previously communicated. Many things are revealed to us when we become still and silent; when mind and body are at rest. Dreams are one way we receive this information, but it is oh, *so* much more potent when we are aware, awake and fully present to the process which is unfolding. There are things we may miss in dreams, which are made crystal clear in meditation. This is why it is best not to lie down for meditation. We inevitably go to sleep and, in sleep, our brain uses a different frequency (Delta) to that used during meditation (Alpha/Theta), we become *un*conscious rather than supra-conscious!

The keywords for this colour are "silence" and "stillness". The word Om, chanted aloud or silently is one of the most powerful tools we have been given to work with this Chakra. Chanting single sounds or mantras and focussing our physical eyes, whether open or shut, on the Inner Eye, we still the mind and give it much needed rest. As we do so, the whole Universe begins to open to us. We may well have the experience of being a single sub-atomic particle drifting in space, and feel this as keenly as we do, the experience of having the whole Universe encompassed within our body and, what we come to realise is, there is absolutely no difference between the two states.

In that moment, we truly understand that we are the alchemists of our own transformative processes to see not just what we want to see, but what is actually there. And so it is.

ROYAL BLUE AURA-SOMA BOTTLES

B0 Royal Blue over Deep Magenta "Spiritual Rescue" Shakes to Deep Magenta. *The outward journey of The Fool tarot card.* One of the deepest bottles - in many respects, going beyond spiritual pride and spiritual ego, to reveal the Truth in pure form. It assists our deepest connection with our Self, the Universe and all it holds. Unless we are able to let go the ego and be receptive to what is, rather than what we want, we cannot develop properly whilst incubating in our cocoon of darkness. This bottle is also a rescue for the Rescuer - those who help or teach others during the night. Revitalises and replenishes us through the wholeness of the Deep Magenta, which contains all the colours.

B32 Royal Blue over Gold "Sophia", shakes to Green. *"Opening to deep joy and peace."* Minor Arcana card, Five of Wands. A bottle which can bring great balance. (Royal Blue & Gold are complementaries.) Sophia is Goddess of the Stars. In this Bottle, we see the wisdom of the Goddess which lies within the depths of our cells, brought more into our consciousness with every breath. In the stillness and the silence, Gold rises from the Hara, up through the Solar Plexus, Heart, Thymus and Throat to the Brow Centre, bringing a little more wisdom and Light to each of them. Royal Blue and Gold are the colours of lapis lazuli so, through this bottle, we may connect to ancient Egypt as well as the Aztecs, Toltecs and Mayans.

B33 Royal Blue over Turquoise "The Dolphin Bottle", "Peace with a Purpose" Shakes to Royal Blue. *"Peace on the in-breath, Peace on the out-breath."* Minor Arcana tarot 4 of Wands. This bottle helps us to stay light-hearted during our spiritual search. B33 ensures we don't take ourselves too seriously. Spirit has a bright and keen sense of humour which we can all embrace. Dour and gloomy searchers can fall into spiritual pride and ego far more quickly than their apparently frivolous counterparts! Best we become like the dolphins, revelling in every single moment of our existence.

B46 Royal Blue over Lemon, "Old Soul" shakes to Green. *Minor Arcana tarot card, 4 of Cups.* Old Souls have learned a thing or two during all their journeys upon the Earth. This bottle is about bringing more clarity into all our communication centres. It helps us to understand the Emerald of the Heart more clearly. Lemon represents a sharp intellect which often leads us to over-analyse things. With this Bottle, however, our knowledge is deepened through the Royal Blue, which helps keep us calm and focussed. If we are able to stay heart-centred during our spiritual searching, we are then able to access a wholly different level of our intellect which reassures us, rather than cause us more anxiety.

B96 Royal Blue over Royal Blue, "Archangel Raphael". *The return journey of The Moon tarot card.* *"All that is hidden becomes known."* This bottle really brings us "The Peace that passeth all Understanding". From within the depths of ourselves, we find ancient knowledge and wisdom springing forth from our own cells. Using this bottle helps us to become more quiet and more still, so that we can finally hear "That Still Small Voice Within." We lose the fear of our own darkness and embrace it. Within the darkness of the cave of our mind, we are able to see our Inner Light shining. The Inner and the Outer merge as One.

Royal Blue Pomander - Wonderful to use for restless sleepers, or to calm an agitated child, especially if they are hyperactive. Also good before meditation and prayer to help quiet the mind and slow the breath.

Royal Blue Quintessence - None! Instead we use El Morya, Master of Blue Ray. This quintessence is marvellous in helping us to surrender to what is, and to open up to communication on all levels.

Royal Blue Colour Essence - This essence contains, among other things, platinum, so it brings a certain purity to proceedings. The inclusion of Lapis reminds us of ancient rituals. As this Essence enters our body, it melds our inner and outer consciousness. Most Aura-Soma works from the outside, in, but the Essences work from the inside, out, creating perfect balance and harmony.

Royal Blue Archangeloi Spray "Raphael" - Our five senses work on all our subtle levels, but with increasing delicacy. Raphael helps us develop our five basic senses into something much more refined. We begin to feel what Truth is, to see through the mask of humanity, to taste God, to hear the difference between angelic and astral sounds and, to smell our way home. As we do this, we release old thought patterns and perceive everything more clearly, and with more consciousness. Moving from individuality towards greater Unity with the All That There

THE BROW CHAKRA

Working with this Chakra is so timely now. We see from many, many different modalities that it's time to change rigid patterns from the past which no longer serve us. Not changing for the sake of change, but changing those things that now hinder our evolution into more refined beings. "As we think, so we become." We have all heard this saying, but how many of us do anything about changing the *way* we think? Is our glass always half-empty rather than half-full? What causes us to think so negatively?

The way we think about things is often a pattern set during our early childhood, environment and so on, but it's useless to blame those circumstances. We are now in a paradigm of self-determination and self-responsibility. We definitely have the power to change how we think, so the only thing we can blame is our own lack of enthusiasm for change. If seeing the glass half-empty all the time makes us really happy, well, no need to change then! If, however, we are constantly moaning about everyone and everything, and seem to have nothing positive in our life at all, then it's definitely time for some intensive brain re-training!

When life is causing us emotional pain or depression, it's time to sit quietly and meditate. Not so we can stress about things even more, but so we can quietly observe our thought patterns and processes. We humans have the ability to talk ourselves into, or out of, anything so when we just sit quietly and observe our thoughts, it's surprising how often we realise just how our thinking patterns are failing to serve our well-being. Only we can change that.

One way to train our thinking patterns into something far more positive and helpful, is by saying positive Affirmations over and over again. Chanting and singing mantras are also magnificently helpful. Saying Affirmations before and after meditation or prayer, really cements them into our cells. Our whole bodymind hears them and responds accordingly. We can go into our Indigo/Royal Blue cocoon a negative little caterpillar, and emerge a bright and colourful butterfly, revealing the outer beauty of our (now positive) creative thoughts to the world. We thought we could change, and we did. Our glass is not only full, but brimming over.

THE REIKI PAGE – Reiki and the five senses

In this issue, the colour we're looking at this month is Indigo/Royal Blue. What significance does this have for those who practise Reiki but who may not have a good knowledge of colour? This issue has many aspects regarding Indigo, but there are two qualities I haven't yet mentioned – Faith and Trust. They first appear in the hue of Blue, at the Throat Chakra, and are deepened and strengthened in the Indigo/Royal Blue of the Brow.

No matter whether it's Reiki, Aura-Soma or any other kind of healing, I am constantly asked, "Can this hurt someone?" Firstly, it's good to ask this question if you need to, because you need to get absolutely clear about how *you* feel about it. When this question rises, it's time to go within, to pray and meditate for as long as it takes, to receive a clear answer. We can never just accept the word of another regarding Faith and Trust, it must come from within us, because it's our own thought patterns and our own perceptions that determine whether or not what we offer is of benefit. If we do not have absolute faith and trust in what we do for another, then it's really best not to do it at all.

This will be quite a challenge for those who have been called to heal, but it can be no other way. Each one of us must be absolutely clear in our Intent as it's the cornerstone of all healing practises. No matter what our modality, we cannot, *cannot*, heal in fear.

Our thought patterns are amazingly powerful. Most of us really have no idea, just how powerful. If we want something badly enough or, fear something strongly enough, then, Glory Be, let's not be surprised when the darn thing actually manifests!! So, when we're healing, we need to be absolutely clear about our thoughts and our Intent before we even accept a client. Below, are some affirmations that may help in replacing useless thought patterns of fear, and help us towards greater Faith and Trust, in ourselves, our healing modality, and the One Divine Energy that flows through us all. We cannot hurt another when we work from the heart in Unconditional Love and Oneness.

*I am connected to the Earth and to Source
My heart is pure and open to Divinity
I am a clear channel for Divine Unconditional Love
My Pure Intent is to work in Divine Love & Oneness
My Heart and Mind are anchored in Divine Unity
Consciousness
I am Divine Love in action, working for the Highest
Good of All*

When the Brow Chakra is out of balance, Reiki gives us some respite from the mental battering of misconceptions and mis-perceptions. It helps us to see what is really there, not just what we want, or fear, is there. If we are hyper-sensitive, we may also feel constantly lost in a maelstrom of emotional upsets and psychic phenomena, and not able to see our way clearly at all. After a Reiki session, both client and practitioner should feel a great deal more peaceful, calm and relaxed.

Offering Reiki to the Brow Chakra should always be done ultra-gently. This is the one Chakra where very slow movements and a light touch really must be used. Place or remove crystals and silks, or apply oils thoughtfully, trying not to jolt or use a heavy hand. When doing anything on or over the Brow Chakra, do so slowly. Watch your client to see if they wince. If they do, slow down even more and perhaps bring your hands up a little higher off the body. We don't always know just how sensitive another may be, and this is the most sensitive of all our Chakras. It's worth the effort though, because a balanced Brow Chakra helps us to see clearly, those things that were previously hidden through anxiety and fear.

As we know, when we work in Unconditional Love, there is such compassion present, that even if we draw the Reiki symbols incorrectly, even if we do things in a different order from our training, it's not going to hurt. Everyone is different anyway and you may be doing exactly the right thing for that particular client. So, search your heart and, if you have faith in yourself, faith in your modality and faith in The Divine, you need have no fear when you're healing. Trust that you are in the right place, at the right time, doing the right thing!

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