

Our Colourful Times

Colour Resonance Newsletter

QLD Issue 13

JAN-FEB 2008

NUMERICALLY SPEAKING

Being in the year 2008 means that, from 1st January, we moved into a Global '1' year. ($2+8 = 10 = 1$). This means that there will be lots of opportunities for new beginnings - in every aspect of life. The global energy will temper whatever is in our personal numerology for 2008. I know that many of you who receive this Newsletter will know how to find your personal year number, but for those who don't, here's how.

Add the day and month of your birthday to 2008, ignoring any zeros. For instance, my birthday is 20th August or 20.08 so those numbers are added to 2008 ie $2 + 8 + 2 + 8 = 20 = 2$. It's quite significant that my birthday mirrors the year because it means that all the potentials are doubled!

Our personal year number doesn't take effect until our birthday each year so, from now until August, I'll be under the influence of a 1 global year and a 1 personal year. After my birthday, I'll still be under a 1 global influence, but will then have a personal year influence of 2.

The number 1 in Aura-Soma, relates to bottle **B1 Blue over Deep Magenta 'Physical Rescue'**. This bottle is a virtual panacea for all ailments as it's a great pain reliever. It combines the Blue of Peace with the Universal, Unconditional Love of Magenta. It's immensely soothing for our physical bodies but, beyond that, it's working as a way-shower to prepare us for the new DNA light codings coming in. Just recently, as we saw on the news, a young liver transplant recipient who took on the blood type of the liver donor, completely changing her own blood and immune system, quite naturally and without any medical aid. This means the transplanted organ was completely accepted by her body and there is now no fear of organ rejection. A truly wonderful new beginning for this young girl. (This is the stuff of which Kryon speaks. We really have no idea of what we are capable. As we awaken the DNA codings that lie dormant within us, our bodies will respond accordingly.)

Globally, this year, we can expect to see more and more progress with the structure and operation of our bodies. Not only will more cures be found but, explanations as to why things go wrong in the first place. 2008 may well herald the beginning of a greater acceptance of alternative practices as we move closer to a truly holistic approach towards health and well-being.

Just as **Bottle B1** holds the potential for removing pain, so this 1 year also holds the same potential. We will see new efforts for Peace in the middle east; with new steps to ease the pain of past conflict. Globally, all humanity is becoming ready to be more in the now, rather than dwelling on old issues. It's the same for us personally; time to move on, leaving hurt behind. Even the time of Karma is ending. We are evolving so rapidly now, that there is no time to keep dying physically to clear imbalances. We are learning to renew ourselves in the now, to begin a new life without a physical death.

New beginnings, new hope, new paradigms. It's going to be a wonderful year!

UPCOMING COURSES WITH LINDA

1. AURA-SOMA® LEVEL I (FOUNDATION)

Sat 8th - Thurs 13th March 2008 inclusive (6 days)

9:30am—5:30pm daily \$600 Venue: Fig Tree Pocket

No pre-requisites. Open to everyone. Come and sit in sacred space and learn all about these fabulous jewels of living energy. In the Foundation Course, we learn about the basics of Aura-Soma. Colour formation through primaries, secondaries and tertiaries; hidden colours; missing colours; complementary colours; the two fractions; the four positions; how to give an Aura-Soma 4-bottle reading. Also, learn how the 15 Pomanders work upon our Etheric Body; how the 15 Quintessences & 8 Archangeloi assist our spiritual and healing practices and, how the 15 Colour Essences bring us to a greater awareness of our sacred connection to the Earth. There will be lots of practise time and hands on use of all products. This may well be the best 6 days of your life!! This is an Aura-Soma® Certified Course.

Linda 07 3878 5953 04 1331 1208

linda@colouresonance.com.au

2. YOUR BIRTHDAY BOTTLES (Aura-Soma)

Sun 20th April 1:30am—4:30pm

Venue: Womenspace, 12-14 Homebush Road, Kedron.

Fundraiser — all proceeds to Womenspace

\$25 (\$20 concession)

BOOKINGS: Glenys McChesney-Clark, Coordinator

Ph: (07) 3357 7444 www.womenspace.org.au

No experience needed! You don't have to know anything at all about Aura-Soma to attend. Discover the energies that were present on the day of your birth and how they have played a role in your life. Most importantly, we find the gifts that lie within the challenges we face. This is an opportunity to open to those gifts. You brought them in with you and, you have more than you realise! This is a lighthearted day so, as well as learning something valuable about ourselves, it's an opportunity to have some fun and laughter with friends!

(Please book through Womenspace.)

TWO WORKSHOPS AT LYELL DEER FARM

5 Lyell Court, Mt. Samson

1. Colour Intro Workshop - Wednesday 23rd April

10am-2:30pm \$35.

The basics of Colour Therapy. Basic meanings of colour; how to use colour in dress, home or workplace to assist harmony and healing; how to use colour with any other modality you practise; basic colour archetypes; guess the colour; and some hands on work with the Aura-Soma Pomanders. Practical and fun.

(drop the kids off at school and come along!)

Please book through Maureen 3289 4270

2. Our Multi-Coloured Chakras Saturday 17 May

10am-4:30pm \$65

As we know, each of the 7 Chakras, relate to a specific colour but in every Chakra, all colours are present, it's just that one is dominant. In this course, we explore which part the other colours play within each Chakra, ie Red's role in the Throat Chakra, Green's role in the Brow Chakra, and so on. This is a day to delve a little more deeply into Colour how it both affects and reflects us, expanding both your knowledge and awareness of the amazing vibrations of Light that we are.

Please book through Maureen 3289 4270

COMPLEMENTARY COLOURS

Last year we looked at the 12-colour wheel from the perspective of firstly the primaries, secondaries and tertiaries. For the first half of this year, we'll be looking at the role of complementary colours in both Colour Therapy and in Aura-Soma® readings.

Complementary colours are those which sit opposite each other on the 12-colour wheel.

RED & GREEN

These two colours have a great deal in common, but they work very differently. For instance, both colours are grounding, but whilst Red really brings you back to Earth pretty solidly, and often with a bit of a "whump!", Green is much softer and grounds us far more gently, connecting us to the loving energies of the Earth Goddess, Gaia.

There is no doubt that Red, (and the Aura-Soma Deep Red Pomander in particular,) is great for bringing recalcitrant space cadets back into their bodies, but Green is much more appropriate for very sensitive souls, especially children. This is why Red, and all strong, bright colours, are best *not* used in childrens' bedrooms. Their play areas can be as bright and colourful as you like; also toys and day clothes. Sleepytime areas, however, need to be soothing and gentle in order to induce a relaxed state. Virtually all pastel colours work well in bedrooms, including pale Green.

Red and Green are also both about money but, again, they hold different aspects. Red reveals ambition, competition and a driving need to succeed around money. This may well be because there has been an early life full of real struggle to make ends meet, where there was no room for luxuries or waste. A negative Red influence may cause struggle to have integrity around money. Stark ambition causes a burning desire for material things, for an elevated position in business or society and, of course, the power and influence that goes along with them. All of the attributes of both Red and our Base Chakra, are quite challenging, but the strength in Red can actually help us hang on to our integrity. It may seem so much easier sometimes, to take the quick and easy road to riches rather than the one of sheer hard work, but when we choose an honourable path to success, our rewards are far more immense because the power of a positive, well-balanced Red influence is absolutely unstoppable.

Where Red is all about struggle, Green is much more about acceptance. Red will try to push through no matter what, and that's often its gift to us, but the more relaxed Green, on the other hand, helps us to know that there is a time to reap, a time to sow, and a time for every purpose under Heaven. In Red we learn tenacity - how to hang on through all adversities. In Green we learn how to bide our time and be patient. Red never has any time - Green is completely at one with it.

Despite its strong links with the natural world, Green is often referred to as "the colour of money" because of the American dollar. *(The bills are black & white on the front and green on the back—hence the term "greenback". It's the most widely accepted cash currency in the world.)*

Being the colour of balance, Green works harmoniously around all aspects of abundance, especially in Nature. Fields of waving green grain waiting to ripen are also a symbol of abundance, reflecting fertile soil and perfect weather. In these conditions, farmers can expect a good return on the hard work they put in - months of ploughing, seeding, watering and, finally, harvesting. It still requires work, but here it's about working with the cycles and seasons of Nature. This lends a much softer, gentler quality to the aspects of Abundance and reward. Whilst Red is all about "what can I get?", Green is about gratitude for what we already have.

These two complementaries also represent the twin aspects of Divine Masculine and Divine Feminine. Although we see the Chinese Yin Yang symbol depicted mostly in black and white, it's also often seen in Red & Green. The two colours represent our masculine (Red) and feminine (Green) natures, with each half of the symbol containing a dot of the opposite colour. This reminds us that in every male is a female aspect and in every female is a male aspect. When in harmony, they provide balance.

In the west, Red & Green represents everything to do with Christmas and the ancient winter observances. The holly, with its shiny green leaves and bright red berries is one of the few shrubs to stay green in the cold northern winters. Green winter trees and shrubs have long been regarded as representing everlasting life and hope. The Red holly berries represent blood; either simply as a life-force or, for Christians, the blood Christ shed on the cross.

A new cultural use of Red & Green came about in 1966 when an American university professor, Doctor Maulana Karenga, created a holiday for African-Americans called Kwanzaa, to help them re-connect to their origins. In the Kwanzaa ritual, seven candles are lit; three green candles on the left, representing the hope of Africa for peace; three red candles on the right, representing the blood that has been shed; and a black candle in the centre to represent the African peoples.

Usually our Red issues are very basic and will usually be around family, work and sex. Red is all about passion and needs, and Green is about love and harmony. If we don't get what we need or, someone takes what *they* need from us, then we fall into disease and both Base and Heart Chakras suffer. If we are too busy just trying to survive and do nothing but work, work, work, we become *incredibly* stressed. As our blood pressure (red) rises, our heart (green) takes the toll. The balance to working hard (Red), is time, (Green) and how we use it. We can become SO grounded with all our practical "doing" that we actually become quite stuck and barely have time to breathe, let alone take a walk in Nature. "Hard work never killed anybody" is no longer true, but simply learning to breathe slowly and deeply is a great stress reliever. Once we learn to balance our needs (Red) and our time (Green), our stress levels come back to a much safer reading; our bloodpressure falls and our heartbeat slows to a healthy rate.

When we are busy, busy, doing, doing, with no time to spare, it also means we have no time to sit quietly to make decisions (green) about the direction (also green) we want our life to take. We can also get caught up in what we *don't* have (red) and this leads us to strive even harder for those extra dollars (red) Focussing on what we don't have, results in frustration (red) and jealousy (green), especially when others around us appear to have everything we don't. Red and Green both have the negative emotion of blame; Red gets angry and Green gets bitter.

Finally though, let's not forget that Red is also the colour of our First Awakening, when Kundalini rises from her slumber and begins her ascent to freedom. During all the trials and tribulations we will go through as she completes her journey, we will find it all SO much easier with a balanced and open heart, and the ability to rest in the breath.

When I was studying colour with Noëlle Leven, she continually stressed to us the importance of using complementary colours in our healing practice. When we are healing someone with specific Red issues, therefore, we also need to treat the Green area and, vice-versa. Sometimes, just doing that will bring all of the Chakras and Subtle Bodies back into alignment.

These are just a few of the complementary aspects of Red & Green. Next month, we explore the complementaries Coral & Turquoise.

COMPLEMENTARY AURA-SOMA® BOTTLES

There are several pairs of bottles in the Aura-Soma range that are transposed, two of them being the Red/Green, Green/Red combinations. The biggest struggles revealed are usually; masculine/feminine identities; what we want to do and the time we need to do it and, balance between the material and the natural worlds.

B27 Red over Green "Robin Hood" This bottle is one we refer to as "upside down", in that, the Red (Base Chakra) appears above the Green (Heart Chakra). Usually, of course, the Red would be below the Green. In this bottle, therefore, the Red issues and personality will dominate the Green aspects and this may not be working in our best interests.

This bottle often reveals exactly the issue discussed on the previous page, around being too busy to find space to include more nurturing things in our lives. The urge to get things done, becomes so intense that we feel as though we can hardly breathe; there is simply no time to love ourselves and to be with Nature. We fail to appreciate all the other kinds of abundance, apart from material possessions and position, that surround us.

B27 is often picked by those who go into bat for others, (just like Robin Hood.) Someone who take up a challenge on behalf of those who are less able to deal with authority figures - really operating in our masculine energy. It is, however, a bottle that clearly shows the necessity for softer, less aggressive, activities to provide balance, and not let anger and frustration dominate.

The challenge of this bottle is to work more with the Green energy of the heart, letting the feminine side flourish. More time is needed for the things and the people that we truly love. We may see either a person who is a dominant force or, if it appears in the second position, one who lets others overwhelm them. One of the gifts of working with this bottle is, we come to realise that inner strength is more nurturing than outward force; that only a really grounded person can operate from the heart without being overwhelmed by misplaced emotions and, that "assertive" does not have to mean "aggressive".

B28 Green over Red "Maid Marion". This bottle is "the right way up" and generally reveals someone who has found the balance they need in life; their Heart is uppermost, and they are completely grounded. B28 shows how we can use our inner strength to support our passions and still follow them with a balanced and harmonious heart. Generally, someone who chooses this bottle will still be passionate about the welfare of others, but may be more of a supporter than a leader (Like Maid Marion.)

When it appears in the second position, the challenge of this bottle may be to overcome a nature which is too conciliatory; also, not to be jealous of those who appear have more than others. The gift of this bottle is to help us realise that we need to stand up for what we want instead of keep letting others do so for us. When we constantly choose to hide and not be seen, when we don't follow our heart, it has an immense drain on our physical well-being. We become tired and listless, with no energy or enthusiasm for what needs to be done. The gift of this bottle is to help us let some of that Red energy below to rise up and support us with its power and stamina and, to know that we can do this without burning anyone in the process!

HEALING WITH COMPLEMENTARY COLOURS

This is a very brief overview of using Red/Green complementaries in colour healing. All silks should be clear colours. Muddy, murky shades will not do. This type of treatment requires approx 1hr.

When the base Chakra is out, the whole lower pelvic area (and even legs if necessary) can be wrapped in red silk, with red crystals in a pattern either under or over the silk. A Red light filter can also be shone directly over the Base Chakra. Depending upon the degree that the Chakra is out, it will need to be in place for 30-45mins. If the person is also ungrounded, the feet can be wrapped in Deep Red or even Brown silk with a large piece of deep red jasper or petrified wood between the feet.

At the Heart Chakra, the whole chest area is wrapped around with an emerald green silk with green crystals in a pattern under or over the silk. During the last 15 mins or so of the hour, the colour filter can be changed to green and the light shone over the heart chakra.

If, on the other hand, the Heart is the main Chakra to be treated, then although the placement of silks and crystals would be the same, the light would be shone for the majority of time over the heart, and then for 15 mins or so over the Base.

With this method of healing, once the main and complementary colours are in place, a full body Reiki healing can also be given. Colour therapy healings can also be complemented with colour breathing and colour diet.

NB Black silks and crystals are not recommended for this type of healing except at the feet but, even then, deep red silk, garnets and red jasper will usually do a much better job.

Soluntra's new book! COSMIC EVENTS FOR 2008

Soluntra has long published upcoming cosmic events on her webpage, giving great information on stargate openings and alignments, sun alignments, sun conjunctions, solstices & equinoxes, moon phases and eclipses, plus many other cosmic happenings, including Mayan calendar correspondences. All of this information is now available in book form, giving cosmic events for the whole year. Order direct from Soluntra
\$35 0011 64 7 315 8355 soluntra@evenstarcreations.com
www.evenstarcreations.com
 PO Box 11, Whakatane, Bay of Plenty, New Zealand

AURA-SOMA ANNUAL CONFERENCE 2008

FRIDAY 25th & SATURDAY 26th APRIL
PUBLIC OPEN DAY - SUNDAY 27th APRIL 2008
Watermark Hotel & Spa, Gold Coast, QLD

The Conference itself runs over Friday & Saturday. All Aura-Soma students, practitioners and teachers are encouraged to attend. There is always so much to learn and it's great to connect with some of the Aura-Soma family from other states. Learn new ways to use Aura-Soma, and be brought up to date with the latest product news. Attend mini-workshops presented by other Aura-Soma teachers and practitioners. Do give this some serious thought, as these conferences are SO valuable. Come with a friend and share accommodation costs!

At the Public Day on Sunday, everyone is welcome and there will be lots of colourful stalls selling wonderful products and, lots of Aura-Soma readers.

CONFERENCE BOOKINGS AND INFORMATION:

Harry or Marg Simon PH: 02 9541 1066

simon@aura-soma.com.au

WHY COLOUR?

What is it about Colour that attracts us so much? Why do we suddenly wake up one day and decide to do a course on Colour? The answer is that we recognise within Colour, something that is intrinsically within ourselves.

Colour is refracted light. Light is vibration. When sub-atomic particles, atoms and molecules vibrate or resonate at a particular frequency, they give off a "signal." Other vibrations of the same frequency are attracted to the signal. When the frequency is dense enough, it forms matter. Everything in the cosmos vibrates, including we humans. We each have a unique and identifiable "signal" even though we are formed from the same basic "stuff" which the Yogis call *Prakriti* - the basic substance of the Universe.

Sub-atomic particles, light waves, molecules, colour, matter, humans. All the same thing. If we are vibrating at a particular frequency, then it's no wonder that when we find another substance that vibrates similarly to our own, we will be attracted to it. This may be another person, a house, a sacred space and, above all, it may be colour. We hold light within our very cells, so our whole structure, therefore, is of light-matter and when we see light refracted into a particular colour, we also see a facet of ourselves. What we are feeling is called "sympathetic resonance." Recognising that which is within ourselves.

Many people throughout history have recognised the importance of colour in our lives, as these quotes show.

"Colours, like features, follow the changes of the emotions."

~ Pablo Picasso

"Colour is the key to the unconscious"

~ Carl Gustav Jung

"Colour is to the soul what food and air is to the physical body, without it the soul withers and dies"

~ Gladys Meyer

SACRED CEREMONY IN EVERYDAY LIFE

A short prayer of gratitude and/or Intent, at the beginning and end of each day, helps us stay connect to Earth and Source. The space should be clean and uncluttered. Take a moment to smudge with sage, incense, or essences in a spray, paying particular attention to corners, windows and doors. Place an item at each compass point or on your altar, to represent Earth, Water, Fire & Air together with any other items that are special and sacred to you, with a candle in the centre. Now you are ready for your sacred ceremony. It need only take a few moments, or as long as you wish. Follow your daily prayer/Intent with a silent meditation, following the breath until you fall into a natural state of stillness and peace.

*In the soft light of dawn,
And in the radiance of sunset
I breathe deep to imbibe the sacred juices
Of the All That There Is.
I give thanks for the day
At its beginning and at its end.
I offer sweet gratitude for all we are given,
Embracing the light, embracing the dark.
We are One
I am blessed, I am blessed, I am blessed.*

A COSMIC RAINBOW by Noëlle Leven

Order from Linda (07) 3878 5953 04 1331 1208

linda@colourresonance.com.au

Drastically reduced to **\$35 each**. A **saving of \$50** on the original price. Can be posted to you anywhere.

USING COLOUR WITH OTHER MODALITIES

No matter if your main modality is Reiki, Pranic, Theta, Electro-Magnetic Field Balancing, Kenisiology, EFT, Bowen, Bodywork, Reflexology or Counselling, Colour complements them all amazingly well. We respond to Colour more positively than any other medium. Children especially are extremely responsive to Colour. Aura-Soma sprays, pomanders and quintessences, can be used to provide a clear space for your clients to walk into, provide an atmosphere of safety and peace, and assist them in relaxing. Colour lamps, using gel paper filters, can also be used to create more harmony for your healing space and to balance Chakras. A client who feels safe, nourished and relaxed, will open up more quickly and be able to take a much greater part in their own healing process. Colour can also be used to bring more peace and harmony into your home or workplace. One way to do this quickly and efficiently is with the Aura-Soma Pomanders and Quintessences. Here are some brief keywords for their use.

White Pom/Serapis Bey - Provides a crystal clear space. Aids

Karmic clearing

Pink Pom/Lady Nada - Relaxes muscles. Brings Love to all situations.

Red and Deep Red Poms/The Christ - protects and grounds. Gives energy boost. Frees us from martyrdom.

Coral Pom/Kumaras - Helps those who feel unloved to find the wisdom of love. Unifies God/Goddess within.

Orange Pom/Lao Tzu & Quan Yin - Releases past shocks, and puts us back together again. Heals the time lines.

Gold Pom/Lady Portia - Helps us to feel worthy. Brings discernment and wisdom

Yellow Pom/Kuthumi - Allows Light & Joy to enter the mind.

Unifies the Devic & Angelic realms.

Olive Pom/Holy Grail - Brings Light into the Heart. Releases bitterness. What we seek is already within us.

Green Pom/Djwal Kuhl & Hilarion - Aids decision making. Helps find your own space. The Way, the Truth the Light/Life.

Turquoise Pom/Maha Cohan - Creativity & Spontaneity. Assists inner child work. Allows the spiritual teacher to manifest.

Blue & Royal Blue Poms/El Morya - Brings peace. Access to the Inner Space. Aids Divine Will. Thy Will not my will.

Violet Pom/St Germain- Spirituality, Transformation and Healing. The Violet Flame.

Magenta/Pallas Athena - Unconditional Love & Compassion on all levels. Light and Dark are One. Beginnings & Endings.

There doesn't have to be anything amiss for us to receive the benefits of a healing session. Receiving a treatment simply means that we remain in a state of balance and harmony as our physical and subtle body systems are re-aligned and re-tuned to the highest possible potential in that moment.

HEALING & CONSULTATION SESSIONS with Linda

- Aura-Soma Bottle Readings
- Aura-Soma Chakra Massage
- Reiki with Colour, Sound & Crystals
- Etheric Rescue (to heal shock & trauma)

GLOBAL PEACE MEDITATION - FREE EVENT

1st Tues each month 7:00pm - 8:00pm

at my home in Fig Tree Pocket

Begins Tues March 4th 2008 All welcome, but please do phone if you're coming along. A light supper will be provided.

(No meditation in Feb)

Coming up later in the year:

- More colour workshops
- Reiki Training for all levels

More info: Linda on 07 3878 5953 04 1331 1208

THE REIKI PAGE

The influence of this Global 1 Year is a great time to review our lifestyle, career, relationships and, our healing practices. It may well be a time for new beginnings in our Reiki practice, to review what we do and how we do it – or, how we don't! It's so easy to lose touch sometimes and before we know it, an awful lot of time has passed without giving any Reiki treatments at all. Perhaps it's time to dig out the manuals again or, do a refresher course; perhaps it's a time to have the courage to use your Reiki in a new way? Reiki was never meant to be static, rigid and non-evolving.

For several years now, more information has been received about the true life story of Mikao Usui (Sensei) and how Reiki was founded in Japan. This new information is about a far more simple, intuitive and heartfelt Reiki that holds none of the rigid musts and mustn't of the old western teachings. Sensei Usui was, in fact, a simple man. He was a Tendai Buddhist, a lay-monk who had a wife and two children and lived a normal life, outside the monastery. Once he had had his life-changing experience on Mt Kurama (Kurama Yama), he began to use and share his new knowledge of this energetic healing.

And it *was* energetic. We now know that, initially, no hands were used at all and no symbols. Gradually hand positions were applied, and these varied from treatment to treatment. Sensei also used tapping, blowing and staring. From the beginning, he taught that the development of the individual's own skill in sensing, connecting to and directing the flow of Divine Energy, was far more important than anything else.

A simple man, with a simple method. How far we travelled from that! The blessing of our modern technology, however, is that once the true story of Reiki was known, it spread very quickly. This time, there was tangible evidence, such as Sensei's grave marker, his original manual, and the school he founded which still exists today. So now, we can come back to simplicity again. A new beginning for an old modality!

Sensei had his experience on Kurama in 1922 and died suddenly in 1926, so he didn't have a great deal of time to develop Reiki. His task was to bring Reiki to the world. That done, his task was ended, and it was then up to others to nurture it's evolution. It's highly unlikely that anything that comes to us through interaction with Divine Energy would remain static. As we evolve, and our understanding deepens, it makes complete sense for our healing techniques to evolve also.

An English Reiki Teacher, Taggart King, also encourages us to "Feng Shui our Reiki". In the same way that we use Feng Shui to keep the energy of our homes constantly flowing free and clear, he says we should apply the same principles to our healing practices. This makes immense sense. Why would we continue to use something that no longer works for us and which, in truth, never did. So let's take a fresh look.

If you began your Reiki practice before the early 2000s, it's quite likely you are operating with an unnecessarily restricted technique. When I first came across the true story of Reiki, my cells rippled in response and I was tingling all over! Intuitively, I had never been satisfied with the story as previously told. It always felt flat. (No cellular ripples at all!)

There's no need for us to vify Madame Takata. After all, she was the catalyst for bringing Reiki to the west. For that alone, she deserves her place in Reiki history. The sad thing is that because of the political climate in America, she sanitised the story to make it more palatable and this resulted in a beautiful modality being founded upon hugely misleading information. That has now been corrected, and most Reiki teachers, on hearing the new information, have made it their business to find out the true account of the life of Sensei Mikao Usui and the birth of Reiki so that they can teach their students accordingly.

At one time the school in Japan would not speak with anyone from the west about Reiki, but, thankfully, that time has also passed. In recent years the school has shared a great deal with western teachers, including Sensei's manual and the practice of giving regular Attunements.

When I learned of this, it rang all kinds of bells with me and just before the Reiki Teacher Training Intensive I ran last year, I was guided to give the student teachers an Attunement every day. This is not usually the case so I was a little hesitant, but the push was too strong to resist. The course ran for 5 days and, each morning the Attunements took place. These multiple Attunements resulted in one of the most beautiful and moving courses I have ever given. The students and myself would go through the entire Attunement process each day with tears of pure joy running down our faces. Divine Presence was absolutely tangible.

We have moved into this 1 year as evolving beings with evolving healing practices. We are truly blessed.

There are some wonderful workshops coming up on the east coast. Please contact the presenters direct for more details than I have room for here!

RAHASYA (Dr Fritjof Kraft)

Counselling from the Heart - The Art of Being with People
26 February - 2 March 2008 inclusive, at **BYRON BAY**
Cost \$1150 (early bird before 26 January, \$1000)

This training has been a worldwide success for more than 15 years and thousands of professionals and laymen have benefited from it. In his 30 years experience of working with people, Rahasya has developed a map of consciousness that in its simplicity can guide the participant towards a radical new understanding of his/her being. **Info & Bookings:** Pavitar: pavitar@aapt.net.au
 ph (02)6684 2251, mob 04 3845 1615 www.livingunity.com

Discover your Soul in Central Australia

May 16th – 21st, 2008 5 nights/6 days in the spectacular scenery of the Ooraminna Ranges, 45 mins southeast of Alice Springs, Northern Territory. *Come to the desert to discover your Soul in the quiet and stillness of this Ancient landscape. Through Colour, Sound and Aboriginal Wisdom, discover your true potential and find your real self.*

VICKI ENGEHAM – International Colour Teacher
CHRISTINE MORRISON – Sound Healer, Composer
BOB RANDALL – Aboriginal Elder, Uluru

For a detailed brochure: christine@christinemorrison.com
 Christine (03) 5562 9316 04 0818 1208
 Vicki (08) 8952 7475

JOURNEY OF THE DIAMOND LIGHT THE NEW LIGHT MATRIX SOUTH ISLAND, AOTEAROA, NEW ZEALAND

With Soluntra King 1st March – 17th March,
 17 days travelling the South Island. Experience the Diamond Light Gateways of the South Island, the dimensional portals and Star Alignment at Castle Hill, Golden Solar Disc and Inner Earth Sun day, the Goddess God union and New Light Grid Matrix, Galactic Centre cross over point

0011 64 7 315 8355 soluntra@evenstarcreations.com
 PO Box 11, Whakatane, Bay of Plenty, New Zealand
or visit www.evenstarcreations.com

LYELL DEER FARM

I will be presenting two workshops at the Deer Farm this year!

- 1. Colour Intro Workshop Wed 23rd April 2008**
10am-2:30pm \$35.
(see page 5 for details - book through Maureen.)
- 2. Our Multi-Coloured Chakras Sat 17 May 2008**
10am-4:30pm \$65
(see page 5 for details - book through Maureen)

Other Events at the Deer Farm: Full Moon Drumming, New Moon Womens' Circle, Medicine Drum Workshops, Peace Fire, Sweatlodges, plus guest presenters (including Selma and her crystal skull Miranda!) and heaps more.

Please contact Maureen for the current programme

Maureen & Des Pickstone

LYELL DEER FARM 5 Lyell Court, Mt. Samson. Qld
Ph 3289 4270 **Fx** 3289 4334 **Mob** 04 0209 2741

Email: info@lyelldeerfarm.com

Website: www.lyelldeerfarm.com

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**

Coming soon! WOMENS' BODY WISDOM with Elizabeth Bradfield-Lotscher

Dance, Sing, Laugh & Celebrate the truth of YOUR Feminine Soul. Join with us for six weeks as we travel the beautiful & mysterious knowledge of Women Women's Wisdom.

Course begins soon. Firm dates TBA and will run **7pm to 10pm**
Held at: 'Colour Resonance', Fig Tree Pocket, Brisbane, QLD
 To register your interest, please call: **Elizabeth 04 0879 7349**
 or email: **innershe@optusnet.com.au**
Cost \$420.00 with non refundable deposit of \$50.

Early bird discount available. Circle closes at 10 participants
 Open to women of menstruating age

PSYCHOTHERAPEUTIC DANCE WORKSHOP with Velvet Rose.

Reclaim the right to radiate your beauty, pride, sexuality, sensuality, self respect, honour, integrity and courage as a woman. In the tradition of the sacred dance temples we will be weaving together the energetic of the Divine Feminine.

Cost: \$125.00 **Time:** 10am - 4.30pm

When: Sunday 17th Feb 2008

Where: 'Colour resonance' Fig Tree Pocket Brisbane

For more details and enrolment

Phone: Elizabeth 0408 797 349 or Velvet Rose 07 40558871

Email: innershe@optusnet.com.au

WOMENS' GIFT CIRCLES

The Gift - A Woman's Rite to HerSelf

Next Intro evenings: Friday 15th February & Friday 18th April at Sheila's home **16 Constitution Road, Windsor**

6.30pm arrival for a 7pm prompt start

Please bring: a small plate of food to share, a cushion and your water bottle. **RSVP of attendance is essential.**

Sheila 07 3857 3971 or 0421 318 575

e: sheilaheartsoul2004@yahoo.com.au

Rose 07 3357 7903 or 0408 199 687

e: roseweaver9@hotmail.com

Gift weekend in Brisbane on 6th, 7th & 8th June 2008.

see Rose or Shiela for more details, or visit

www.shematrix.com.

WOMENSPACE - Meditations, meetings and workshops.

A beautiful space for women to come together. There are various rooms available to hire. To receive a regular Newsletter with details of upcoming events, contact Womenspace.

YOUR BIRTHDAY BOTTLES (Aura-Soma) with Linda
Sun 20th April 1:30am-4:30pm (more details page 1)

Venue: Womenspace, 12-14 Homebush Road, Kedron.

Fundraiser — all proceeds to Womenspace

\$25 (\$20 concession) **BOOKINGS:** through Womenspace.

Glenys McChesney-Clark, Coordinator Ph: 3357 7444

Womenspace, 12-14 Homebush Rd, Kedron Q. 4031

www.womenspace.org.au

Many Blessings for a truly No. 1 Year!!

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

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