

Our Colourful Times

Colour Resonance Newsletter

QLD Issue 14

MARCH 2008

THE TRAIN OF EVOLUTION

This train is always close by, just waiting for the moment when we are ready to board. Until we are resonating at just the right vibration, however, it isn't triggered to "pull into the station." The Evolution Train always knows when we are ready, and arrives at the perfect moment to take us on the next stage of our spiritual journey. Even then, although we may get to the platform gate many times, we don't always manage to actually board the train. We often arrive at the gate, almost ready, but feel we just can't do without our favourite books, bells and crystals, (maybe even some Aura-Soma bottles!) as well as some old genetic thought patterns.

Oh Dear! The porter says we can't take anything through the gate but ourselves. Good Heavens! Does that mean we have to leave behind all our "stuff"? Yes, because this train concerns only the essence of the individual to which it is tuned. It doesn't care how much we know, or how many crystals we've accumulated, it only knows that our vibrational frequency has reached a level which indicates we are ready, or nearly ready, to move a little further along the track. The Evolution Train knows when our hearts and minds have shed an awful lot of baggage; it knows that we have progressed on many levels and that we have changed negative thoughts and attitudes; it knows that every day, we've become less despondent, less judgemental and a whole lot more compassionate and understanding. We're finally free of much of the old rubbish that has been going round and round in our heads for years. (Our mind is a bit like Dr Who's TARDIS, much bigger on the inside than it seems on the outside. There's no end to the useless stuff we can cram in there!) Even though *we* may feel we're still struggling with some those things, the Evolution Train knows exactly when we're ready to shift.

The train also knows that our heart has begun to truly open in love and compassion, and that we now manage to stay deeply peaceful throughout all our difficulties. You see, our trip is linked to the lightness of our heart, and the train, like us, is pure Divine Energy. If our heart is too heavy, we'd slow the train down so much that it wouldn't be able to pull away from the platform. When our heart is light, however, the train doors open automatically as we approach them and, as we take a seat, the train moves gently and instantaneously, to the next phase of our evolution.

It's very important to understand, however, that when we aren't quite ready to shed our baggage, that this opportunity will not be entirely lost to us. You see, this train is our very **own** train, and it will wait, patiently, hour by hour, year by year, life after life, until we're ready to get to the gate, move onto the platform, and step onto the train. As we open more and more to clearing ourselves, walking and working always in Divine Light, it completely infuses us, and our whole physical and subtle systems become One Body of Light. We then move on forever, into a completely new paradigm.

Whenever it's the right time to step aboard the Evolution Train, our Higher Self Guidance leads us inexorably to the station. Enjoy the journey!

COURSES WITH LINDA

1. 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

This venue is in a beautiful bush setting. Apart from attending these workshops, whilst you're at the Deer Farm, you can feed the deer, have a browse around the shop, and ask Maureen, Des or Sheridan all about the other wonderful events they have there!

1. Colour Intro Workshop - Wednesday 23rd April 10am-2:30pm \$35.

A practical and fun day with the basics of Colour Therapy. Learn the meanings of colour; how to send colour energetically and develop your intuition at the same time; how to use colour in dress, home or workplace to promote harmony and healing; how to use colour with any other modality you practise, basic colour archetypes; and some hands on work with the Aura-Soma Pomanders and Quintessences. Specially timed so you can 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, the 7 main Chakras, each relate to a specific colour but, in every Chakra, *all* colours are present, it's just that one is dominant. In this workshop, we explore the part that each other colour plays within the dominant colour of a Chakra *ie, in the Base Chakra which is Red, green will help us to bring our heart into our everyday actions, helping us to stay balanced despite a busy life and career. It ensures we stay connected to Gaia and allows us to breathe easily and stay calm when we may otherwise get angry. It gives us space when our boundaries feel threatened.*

This is a day to delve a little more deeply into Colour and expand both your knowledge and awareness of the amazing vibrations of colour and light that are the Chakras.

Please book through Maureen 3289 4270

COMPLEMENTARY COLOURS

In the second article in this series, we continue to examine 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 colour wheel.

CORAL & TURQUOISE

These are both tertiary colours, and as always, we see that tertiary colours are made up from 1 primary and 1 secondary colour and, that the larger part of their makeup is the primary content. Coral = 3 parts red, 1 part yellow and Turquoise = 3 parts blue, 1 part yellow.

Coral sits in the centre of the belly, the centre of our creative area of the Swadisthana Chakra which governs the female reproductive system and part of our digestive and elimination systems. It's also connected to our Sacred Feminine, the time lines, past shocks and our potential to love wisely instead of impulsively. Coral is one of the deepest colours in terms of its psychology and how it manifests within us.

Turquoise sits in the centre of the upper chest. It's governed by the Ananda Khanda Chakra, the thymus and the heart. Often called "The High Heart", when this Chakra begins to function, our emotional responses take on a higher vibration and begin to transcend the human condition. Turquoise is connected to dolphins, the Pleiadians, our inner child and all forms of creative expression.

Complementary colours either oppose or confirm the various energies contained in their twin. These two colours both relate to water in their natural environment, and to emotion and creativity in their human expression. In nature, the sea and the coral have a unique, symbiotic relationship. Coral cannot grow in the cold northern or deep southern waters. It only grows successfully in those warm, turquoise waters that are found in tropical or sub-tropical climates. Coral is a very sensitive creature, and the bands of ideal water temperature and pH are very narrow. Unless the balance is very near perfect, the coral cannot flourish. If the waters the around the reef are polluted, they can't maintain their crystal turquoise colour.

The underwater currents, gently waft nutrients from other marine life, into the tentacles or polyps of the coral. If the current gets too rough, the coral is destroyed. If it's too calm, the coral receives no food. At spawning time, the coral also needs the current of the water to take the successfully fertilised, floating eggs to a new location. This is how coral reefs extend their growth range. If removed from the water, it dies.

Sometimes the coral and the turquoise sea, work together in a completely negative way. In rough seas or calm, coral reefs are capable of ripping the hulls of all types of sailing vessels, either wrecking them completely or holding them fast upon the reef, crippled and unable to move. Whilst in calm weather, the reef is easily seen and avoided, in rough weather, however, it's very common for even large, heavy vessels to be tossed off-course and onto the waiting reef where the relentless pounding of the waves, then adds to the destruction of the ship.

It's not too huge a jump to see how these conditions very accurately reflect the extremes of our human emotions. When there is total harmony, everything flourishes; when there is a distinct lack of harmony, things can turn very nasty, very quickly.

Coral is a complex colour and often difficult to understand, but, once understood, it becomes very easy to identify its moods and to flow with it rather than push against it. It's a colour which often shows emotional immaturity and, in this, is a perfect complement to Turquoise. Coral is very closely related to orange and has all of its dependent/co-dependent and self-destructive possibilities. It also has, however, immense potential to release all self-inflicted habits and dependencies that have come in very handy when we wanted to blame something or someone for our past or current pain.

Turquoise is very much about our Inner Child; playful, spontaneous, impulsive and with the potential to be filled with irrational joy from the smallest thing which it finds pleasing. The immature part of Turquoise reveals someone who avoids taking responsibility for anything, (the "Peter Pan" syndrome.) The whole of life is merely a game and, whatever happens, it's not their fault! More positively, when Ananda Khanda begins to resonate in the centre of our upper chest, it radiates an almost urgent need to release our Inner Child and both to speak and express our truth, without any fear of judgement. (As we know, that judgement often comes, not from others, but from within.) The inner critic contained in the yellow parts of both these colours, can prevent our creative self emerging, but, it's also this yellow part, that brings enlightenment, joy and flow.

Turquoise and Coral are both about community. Neither are leaders. They are both about group energy; everyone working together for their own good, and as a consequence, the good of all. They each need support to be the best they can be. There is never a doubt, however, that they can achieve their highest potential, despite all past hurts and difficulties.

Turquoise allows the flow to begin. It brings the nutrients of creative expression to a shocked and hurting Coral, hungry for love and affection. Coral remembers the strength contain in its red; Turquoise brings an ever-expanding **light**-heartedness through the calm and peace of blue. Coral & Turquoise nurture and balance each other beautifully, growing in both strength and maturity to foster and release the highest forms of creative expression.

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. Come and enjoy a fabulous weekend.

CONFERENCE BOOKINGS AND INFORMATION:

Harry or Marg Simon PH: 02 9541 1066
simon@aura-soma.com.au

COMPLEMENTARY AURA-SOMA® BOTTLES

CORAL & TURQUOISE

There is only one bottle containing both these colours, **B93** Coral over Turquoise "Hansel". This bottle has a "twin" B92 "Gretel" Coral over olive, and both relate to the deep psychology found in the faery tale.

Hansel & Gretel had similar but different lessons to learn in the story, Hansel's being about facing the shadow and still finding something to love. A benighting quality of both orange and Coral energies, is that of insisting on seeing the world the way we want it to be, instead of the way that it really is. We deceive ourselves into thinking everything is OK when it isn't. Coral carries the potential of dependency and, when habits and needs carry us into excess, the result is that we then suffer from guilt and shame as a result of those excesses. Looking for something to ease the pain, we try to numb it, often with disastrous consequences.

Turquoise can often indicate that we have lost or suppressed our Inner Child; forgotten how to play, lost the joy in small pleasures, and have not given voice or expression to our creative impulses. It may also show techno-fear and a total avoidance of modern forms of communication.

In Aura-Soma, bottle B93 connects to the Return Journey of the Devil tarot card. This is when we do not run and hide in fear from "evil", but turn to look it in the eye. When we do this, we see that what we have feared so dreadfully, is only our own thought forms made manifest. We recognise that we all have within us, the power to do great wrong; both to ourselves and to others. We also recognise that whilst this potential may well lie within us, we do not have to allow it to be a prominent, or have any kind of tangible influence in the way we live our life.

After all, how can we fear our self? It's not possible. If the thoughts are our own, it makes sense that we shouldn't fear them or anything they may manifest. Instead, it's time to own everything about who and what we are, without even trying to shift the blame to someone or something else that "made us do it." As the great guru Dr Phil always says, "You can't change what you don't acknowledge." Like him or not, what he says there, is absolutely 100% correct. With acknowledgement comes self-responsibility and self-acceptance, both huge achievements for anyone under orange or Coral influences.

When the two colours of Turquoise and Coral begin to work in harmony, they have unlimited potential to bring new Light into our life; a new sense of understanding and freedom. They bring huge hope and healing to someone who has experienced a life of constant trauma. Unlike Humpty-Dumpty, we *can* be put back together again. In Coral we find ways to release all old thought patterns and useless habits. In Turquoise we learn to flow and play and express our creativity with lightheartedness and joy.

This bottle shakes to violet, the colour of transformation and healing. It brings with it, the ability to remain who we truly are, whilst transforming ourselves into a higher vibration, (like the caterpillar changing into a butterfly.) Violet transforms past pain and suffering from Coral and Turquoise into something much more positive. We understand that although we may have done things of which we are not proud, we are still loveable and capable

of loving another unconditionally. Violet helps us to look deeply into our dark side without becoming depressed or grief stricken. The deeper we look into the darkness, the easier we see the Light. We also realise that there is a more effective way of raising our vibration, than through pain and suffering. We are in a completely new paradigm now. The old, hard ways are fading fast. Now we have rapid and efficient ways of clearing out our old "stuff" to make room for new thoughts, new understandings, and a whole new level of being.

The techniques taught by Soluntra King and Mark O'Neill are just two of the new ways of working quickly and efficiently to refine our vibration. Aura-Soma is another. When we apply the oil from a Bottle onto our skin, there is both action and reaction from our whole physical and subtle anatomies. Mind, body and spirit are given an opportunity to completely rebalance. With B93 particularly, we may feel a lot more joyful, creative, spontaneous and expansive. We may find that a new level of wisdom and understanding is available to us, that our thoughts are clearer and the reality of the world in which we live is no longer dark or threatening.

Our Inner Child is transformed and healed through this bottle, into an independent, loving, creative being with all the insight and clarity of a mature, well-balanced adult.

EGGS, BUNNIES & THE AUTUMN EQUINOX

On 21st March, we in the southern hemisphere, celebrate the Autumn Equinox. A time to give thanks for the bounty of summer. During the Equinoxes, there is an equal amount of dark and light. We are in a paradox in Australia, however, as we still celebrate Easter, which is a spring festival, in our autumn, when we should really be celebrating Hallowe'en!

In the northern hemisphere, the ancient festival of Eostre (*pron: Est-tra*) has been celebrated at the Spring Equinox for many centuries. Eostre's totem was originally the hare, although this has now been popularised and commercialised to cutesie fluffy-wuffy bunny status. Springtime, the hare, and the egg have long been powerful symbols for fertility and the promise of new life in many cultures around the world.

Because the growing Christian church could not dissuade the populace to totally discard their pagan/nature festivals they, instead, united them with the landmark moments of Christ's life. We know that Christ died just prior to the Jewish festival of Passover which takes place in April, so it's quite fitting that we celebrate, not so much His death, as His resurrection around March/April. What doesn't quite fit in our Autumn, however, are the springtime symbols of eggs and bunnies.

This is the time of year for us to celebrate the Autumn harvest, giving thanks and blessings for Nature's Abundance where crops have been fruitful in summer (now ended); for the rain that has finally fallen on dry as a bone paddocks, and the offering of prayers for the rain which is still needed in many areas. It's not really a time for symbols and festivals of fertility, but those of thanksgiving instead, and for preparations to move into a time of less light.

Nevertheless, those dark chocolate eggs and bunnies are darn hard to resist, so do have a blessed and chocolaty Easter, interwoven with a joyful Autumn Equinox. Let's enjoy our "mixed metaphors". If there's one thing we're good at in Australia, it's being unique!

THE REIKI PAGE

The question of past lives is one that often comes up in discussions or courses about healing. Just how important, or not, are our past lives? How much, if anything, do they impinge upon our current life? Can we use Reiki in past life therapy?

One of the most amazing experiences I have ever had, was during my Reiki I Initiation. We were practising self-Reiki when I experienced a spontaneous past-life regression. At the time, I didn't quite understand what had happened, but my Reiki Teacher, Ronelle Ashford, was able to explain. Intrigued by the whole thing, I later had two separate sessions with Ronelle to explore my time-line. I have to say, I couldn't have had a more appropriate facilitator, because Ronelle's method was exactly right for this type of work. My two experiences were very interesting and I still retain a very clear memory of them, even though there was nothing earth-shattering or wonderfully revealing about either.

We know that certain personality traits and patterns which we exhibit come from both our genetic and, our spiritual lineages. We are often born, again and again into the same family line, plus, we are often born again and again with specific groups and sub-groups of beings, taking different roles and genders in each life. It can be helpful to explore these a little bit when we cannot seem to get ourselves sorted, despite many attempts to do so.

Reiki can definitely be used to assist this process, creating a safe and clear environment for our exploration. There are, however, some things to be aware of if you decide that you would like to explore, or facilitate exploration of, past lives.

Firstly, if you are the facilitator honoured with the task of assisting someone to explore their timeline, ensure that you have plenty of healing experience and that you're totally comfortable with what you have been asked to do. I would not recommend this process be undertaken by Level I or Level II Reiki Practitioners. A Level III (Reiki Teacher) would be the ideal facilitator. (*Practitioners of other modalities should be equal to that level of experience and/or be specifically trained in regression work.*) Secondly, the facilitator should never "lead the witness." This means that the experiences which arise should very clearly be that of the client and not the practitioner. To ensure this, only open-ended questions should be asked, despite any visions or impressions the practitioner themselves receive.

This is because, when someone comes to us for healing it most often concerns something to which *both* parties need to pay heed, but the attention should always remain on the client.

The questions asked should be along the lines of "What age are you now?" "Do you know which country you are in?" "How are you dressed?" "What are you seeing/experiencing", "How does this make you feel?" Try to avoid the impulse to tell the client what you are experiencing yourself. It's quite possible, you see, that have shared a past life connection and, as we know, when two people share a past event, their memories, reactions and feelings around that exact same thing, can be quite, quite different.

If you are the client, you should ensure that the person facilitating your past life regression is someone that you trust and with whom you are completely relaxed. You should also discuss with them, how they will conduct the session. Most importantly, the past-life impressions that arise should most definitely be your own and no one else's.

You both need to be aware that during a regression, it's like watching a movie. You may feel completely involved in it but, in reality, you are still in the here and now, just observing. It doesn't help at all if you become so involved in what you're observing that you begin to re-live a past life event. Know, absolutely, that your session is always totally in your control. You can come back to the present at any moment, quickly and safely whenever you wish, even before the practitioner signals the end of the session. The practitioner is there to be a trusted guide and helper, facilitating, not controlling your experience. Reiki can be a perfect vehicle through which we can access past lives, as it's a modality which is very much about empowering the individual, rather than attempting to maintain power over them.

A trap, or as Djwal Kuhl would say through Alice Bailey, a "glamour", of past life regression is to let it become "the reason for everything." For example; your love life is all over the place - because you were a concubine in a harem 2 centuries ago; your kids never listen to you - because you were their slave back in Roman times. It will not do! Past life regression is not an excuse for bailing out on getting our act together in this life. It's just a tool through which we *might* find some answers or, we might not. Either way, we can still enjoy the exploration of who we have been in the past, so that we can understand a little better, who we are today.

In essence, however, we are always the same being. Eternal, divine and forever. We achieve most by being as completely in the now as we can to experience this life and all its gifts and challenges, to the fullest. And so it is.

"What if the question is, not, "why do I so infrequently want to be the person I can really be" but, "why do I so infrequently want to be the person I really am?"

~ Oriah Mountain Dreamer

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

WOMENSPACE - Meditations, meetings and workshops. A beautiful space for women to come together. There is an extensive library and various rooms for hire. To receive their regular Newsletter contact Womenspace direct.

I've attended some wonderful workshops and events through Womespace and two of my favourites are Christine Fensham's Wednesday morning "Exploring Movement" Dance Therapy Class, and Donna Murdoch's monthly Saturday morning "Dancing the Divine". If you've never been before, do give Womenspace a try. There's something for everyone.

Glenys McChesney-Clark, Coordinator 3357 7444
Womenspace, 12-14 Homebush Rd, Kedron 4031
www.womenspace.org.au

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

AT THE LYELL DEER FARM CRYSTAL SKULL CONSCIOUSNESS

"Miranda" is back! *Come and interact, and enjoy sacred time with "Miranda" and her guardian, Selma. For some, holding a life-size crystal skull is a life-changing experience, so don't miss out. Saturday 8th March 2008*

7.00pm – 10.00pm Cost \$35 (book through Maureen)

I will be also presenting two workshops at the Deer Farm this year! If you love colour, do come along and join us.

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

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Email: info@lyelldeerfarm.com

Website: www.lyelldeerfarm.com

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\$75.00 each plus postage. **04 3825 3060**

REIKI WORKSHOPS with Linda COMING SOON!
dates in next Newsletter. Private one-on-one sessions can also be arranged, any time, for all levels.

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.

Venue: 'Colour Resonance', Fig Tree Pocket, Brisbane, QLD

Cost \$420.00 with non refundable deposit of \$50.

Early bird discount available. Circle closes at 10 participants

Open to women of menstruating age

To register your interest, please call: **Elizabeth 04 0879 7349** or email: innershe@optusnet.com.au

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 18th April at Sheila's home
16 Constitution Road, Windsor

6.30pm arrival for a prompt 7pm start. Please bring a small plate of food to share, a cushion and your water bottle.

Please book ahead

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.

SINGING GROUP

An à capella singing group 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

Soluntra's new book!

Those of you who visit Soluntra's webpage regularly will know that she publishes "Future Events" several months in advance. This is not traditional astrology, but a more esoteric look at the cycles of the sun & moon, planets and the opening of stargates. She has now published a whole years events in one handy booklet.

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

GOOD VIBRATIONS

Everything in the cosmos is made up of vibrating energy particles. We often think that physics and metaphysics are completely different, but they are really just two sides of the same coin. It could be said, that one is the thinking side and one is the feeling side, but they are both correct in their postulations. One of my favourite books on this subject is Fritjof Kapra's "The Tao of Physics". Very easy for lay people to read, who are mathematically challenged (me!) Michael Redhead says, "physics and metaphysics blend into a seamless whole, each enriching the other, and that in very truth neither can progress without the other."

In just one example, The Yogis have long told us that the universe was created from vibration - that matter is only a group of particles vibrating at a dense level. In more modern times, physicists have confirmed this.

Vibrations give us both colour and sound. The Yogis also say that the world came into being through a primordial sound vibration which was given the name, "OM". In the Manduka Upanishad, it says "This eternal word is all; what was, what is, and what shall be."



There are five components to OM: A, U, M, Maya and Bindu. The small top curve at the top represents the "A" and the state of waking,

It's name is Jagrat.

The large curve at the bottom represents the "U" and the state of dreaming.

It's name is Svapna.

The small curve issuing from the centre, represents the "M" and the state of dreamlessness. It's name is Susupti.

The dot above the crescent shape at the top right, represents the state beyond all three. It's name is Bindu.

The crescent shape itself symbolises "Maya" the veil of illusion. OM forms an integral part of Nada Yoga – the yoga of Sacred Sound. Both a Mantra and Sacred Symbol, OM is used in Hindu, Yogic and Buddhist devotions. It's called the "sound of the Soundless - The Absolute." OM is the expression of the highest state of consciousness, and continuous repetition helps to create deep inner peace.

When toned, OM is broken up into it's individual components A-U-M. Each letter is toned in a continuous, drawn out sound upon the out-breath, ending with as long an mmmmmmmmm as possible. The sound is not cut off sharply, but is simply allowed to fade away gently. As OM is often chanted for long periods at a time, a Mala* can be used to keep track of the repetitions. When the toning is finished, it's an important part of the process that we then sit in silence for some time to fully integrate the higher energies that the sound has created. Another way to connect to OM is by staring at the Om Yantra** while toning A-U-M. In this process, the eyes are focussed upon the Yantra, and circle it clockwise.

*Mala - eastern rosary consisting of 108 beads. The main bead in the centre is called "Meru"

**Yantra - the visual representation of OM, usually surrounded by geometric shapes.

THE SILENT OM

"You have not to repeat the mantra, you have to understand its meaning and let that meaning sink into you. Sitting silently, be utterly quiet, unmoving. watch your mind. A few thoughts will be there, but as you become silent, those thoughts will disappear, and suddenly you hear a humming sound all around you. That humming sound is not made by you. It is at the very centre of existence. It is the sound of the skies. It is the sound of space. It is the sound of the universe; it is its indication of aliveness. It is vibrating with dance and music. This OM is perhaps the greatest symbol in the whole world. - Osho

SOUND AND SACRED SPACE

Sound is one of the most effective ways to clear space. Use whatever you have to hand that makes a delightful sound, including your voice. The most common instruments are drums, Tibetan bowls, bells, tingshas and crystal bowls, but really all instruments are capable of clearing space. If you have no instruments at all, you could use crystal wine glasses, or a crystal fruit bowl, or anything that makes a clear, ringing tone. (Being very gentle with them, of course!) Pay particular attention to the corners of the room, and cupboards, where energy can become stale, plus windows and doorways where energy enters and leaves. Then do the centre of the room.

After a sound cleansing, the energy in your room, workplace or home will be totally changed and everyone will notice the difference. It will feel as though you've given it a total spring clean from top to bottom. Don't wait until you *need* to do this. Make it something you do on a regular basis, just like vacuuming or dusting. That way, your space will always not only feel, but actually *be*, light and clear.

"A COSMIC RAINBOW" by Noëlle Leven

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Autumn Equinox Blessings

In love & peace

Linda xxxx

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Don't forget to let me know if you move house,