

# Our Colourful Times

Colour Resonance Newsletter

QLD Issue 15

APRIL 2008

## 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](mailto:simon@aura-soma.com.au)

## JOURNEYS WITH SOLUNTRAKING

Don't miss these opportunities to be with Soluntra. If you are waiting for the "next step" in your soul journey, a workshop with Soluntra could well be it!! Activation meditations allow you to open up to yourself at the highest vibrational level possible. Soluntra's information comes, not from channelling, but from a deep heart-connection to her Higher-Self. Working and living in complete Higher-Self Guidance, she flows with inter-stellar and inter-dimensional information which she, in turn, shares with others. She is a wonderful example of how we need to stay grounded and practical, completely in our physical body, whilst opening up to our highest possible vibratory resonances.

Often called to travel to sacred sites at specific times and locations around the world, Soluntra assists the grounding of cosmic energy to Earth so that both Earth and humanity can move forward on our evolutionary paths. We grow our inner light by clearing past patterns, not with trauma and dramatics, but through connecting to our Inner Sun, Earth Sun and all cosmic suns as we make our physical body, our Body of Light.

Soluntra's latest workshops take you on a journey like no other, and provide opportunities for you to download new light codings and transmute your DNA patterning. These workshops are much deeper and broader than mere words can ever describe. Visit Soluntra's website or ring for a flyer/more info.

**See page 5 for more on upcoming journeys to Alice Springs, Mexico and New Zealand.**

## BLACK IS BACK

What a darn shame!

Black. Yes, it's back, more's the pity. Apparently, black is the 'new black'. That's such a clever phrase I'm beside myself with excitement at the concept. Frankly, it's a total cop out. Lack of imagination and connection to colour is a devastating and all too frequent dis-ease from the world of fashion and decor, and sadly far too many of us have been infected by it.

Esoterically, it's interesting that as we move into The Golden Age where our planet will receive a lot more light, we have seen Blah Blah Beige in furnishings and décor, Bland and Boring Greys or Baby Poo Brown on the outside of houses and, oh yes, black is back in fashion big time for clothing. Are we detecting tad of resistance from humanity? Oh definitely! Let's look at some of the aspects and psychology of black and see why it's really not the best shade we could wear or have around us in large doses.

Black is emptiness, void of all emotion. It's not so much about the sub-conscious, as the unconscious. It's a complete block to communication, intimacy and emotion. It lets no energy in, and none out. It's hugely depressive when over-used and the more we wear it, the more uncommunicative and withdrawn we become. It blocks so much that when someone perpetually wears black, they soon become depressed, morose and mono-syllabic. Teenagers wear a lot of black which, for most parents, kind of speaks for itself.

If our job entails engaging other people in any way whatsoever, then it's really best not to wear black. It blocks all aspects of personality because it's a colour to hide behind and not be seen. Anyone working with children, therefore, should certainly never wear black. Children adore colour and respond to it immediately. They receive no information from us whatsoever when we wear black. Magicians use black to trick us into thinking we're seeing something we're not. In black, therefore, we see the aspects of illusion and delusion. It's the colour of shadows where all sorts of things can hide, including ourselves. In many cultures, black is also the colour of mourning so it brings unconscious messages of sadness and loss when we look at it. It's a shade that will never, ever cheer anyone up by the mere sight of it. Quite the reverse. Black doesn't only affect the wearer, but also those who have to look at it, so we do not help the world to be a more positive, upbeat and optimistic place to be in when we wear it.

Finally, black only makes you look slimmer if you're on tv. In the real world, people can see all around us, so there's no hiding our size, or our lumps and bumps. It also makes most people look half-dead, so if we want to impress someone, probably best not to go along looking like we're about to make someone the recipient of our last will and testament.

The one thing about black is, that it does make a great backdrop for colour, so if you must wear black for work purposes, try to bring in a little colour via shawls, cardigans or jewellery. Black is back? Then let's give it the boot to match!

## COMPLEMENTARY COLOURS ORANGE & BLUE

Complementary colours are those which sit opposite each other on the Colour Wheel. In this article we take a look at how the complementaries of Orange & Blue sometimes support but in this case, mainly oppose, each other. Orange (secondary colour) and Blue (primary colour) are wonderful examples of the extremes that are often revealed in complementary colours.

Orange shares many similar qualities with Coral, which we examined last month, but it also has its own, unique aspects and tendencies too. Orange is exuberant, extrovert, lively and fun-loving. It's a colour that's really "in your face" and, love it or loathe it, it's definitely hard to ignore. Orange is also warm, friendly and sociable. It's the party colour - fun! fun! fun! It's representative of having a good time and blowing the consequences.

Orange represents a dramatic response to situations. It's the real Drama Queen of the colour spectrum. It's always high on emotion, whether positive or negative. It can swing between extremes of high highs and low lows. The red in orange only provides necessary boundaries when some maturity has been gained. Unfortunately, those who have a very Orange personality will always choose to learn their lessons the hard way, as they find it difficult to have any boundaries at all.

The tendency for extremes can often cause an excess of good times, and good time generators too, such as drugs and alcohol. Orange personalities are often found in a dependent/co-dependent relationship. For an immature Orange, their emotionally dramatic response to situations, and the lack of both personal and social boundaries, can also keep them in a victim or perpetrator role in abusive situations.

There is definitely an upside to Orange. It's the colour of freedom, deep joy and absolute bliss. What has to come first, however, is the awakening that its red half provides, and the refining of the logic and clarity that its yellow half provides. In effect, there has to be a renunciation of the previous life of excess, and a willingness to embrace a life with boundaries, order and purpose. When this occurs, there is no personality on the colour wheel that is so affable, helpful, supportive and emotionally empathic, as Orange. This is the consummate counsellor, the energetic and logical boss and the charismatic political leader. You can't help liking Orange personalities, even when they're not doing so well, they still have "je ne sais quoi", that indescribable certain "something" that draws people to them, even when they're behaving rather badly.

And now, let's have a look at the complementary opposite of Orange, the colour Blue. Very often, colours that sit across the wheel to each other, will have many similar qualities. In these two, however, we see how opposites attract! Unlike Orange, Blue is cool, calm and collected. It's the colour of the communicator and the peace-maker. It reveals faith, trust and truth. It's the colour of expression - in all forms.

Unlike its complementary, a Blue personality would much rather stay home and read a book than go out and party. It enjoys stimulating discussions about politics and the arts, particularly literature. Blue personalities love words. They will be eloquent, clear and entertaining speakers, fluent and expressive writers, and harmonic and melodic singers.

Blue personalities are naturally mature and generally are very happy to be alone without feeling lonely. They don't care too much for large, noisy gatherings. They do not eschew company,

however, and will converse quite happily with anyone - although usually in a quiet corner somewhere. They are meticulously polite and are never needlessly cruel with their words, even when the person with whom they are conversing is not someone they would usually find interesting.

They do, however, rather prefer their own company and it's essential that they have some time alone every day. They don't do too well when they cannot re-charge their batteries in their special little nook. A Blue personality will always hold back more than it gives out, not because it's stingy, but because it's naturally conservative. An Orange personality will tell its life story, with all the intimate and gory details, to a perfect stranger on a bus, but a Blue personality would be horrified at the mere thought. Not so much lofty, as noble, a "true blue" has an innate sense of what is an appropriate amount of information to share, and what is rather too much.

Just as Blue is happy in its own company, so Orange needs to be surrounded by an entourage of friends, acquaintances and hangers on. Orange always needs the support of community in some form or other, even when the "community" is not working in a positive way for them.

The need to be alone, coupled with a natural reticence, means that those who resonate with Blue may get "the blues" from time to time but, if everything in their life is in balance, it won't develop into depression. They just become rather introspective sometimes. On the other hand, it's rather hard to ever be introspective around Orange. Burning the candle at both ends is rather a speciality of Orange personalities, and they thrive on it.

Blue is very calm in all situations and rarely gets angry but can be pushed to being "a little annoyed", especially when faced with a recalcitrant Orange who is petulant at being lectured about appropriate boundaries and is about to have a "Diva Moment". What can often be seen in the Blue/Orange relationship corner is the parent/child model, with Blue quite naturally as the parent partner, and Orange as the child. This unequal match never works for long as Orange quickly comes to resent being told what to do and how to behave all the time. Blue will be able to express its concerns and outline the "disastrous" mistakes made by its Orange partner, with devastating truth and, a frankness which is hard to escape. Orange, however, will squirm and wriggle when faced with its misdemeanours, and is not above an outright lie in an effort to make the whole thing just go away. For Blues, lying is just not an option and any outright fibbing by an Orange partner will be cause for despair.

In opposition and when immature, these two opposites will clash endlessly and be poles apart on every aspect of their lifestyle, opinions, tastes and personalities. As we know, however, opposites do attract and, when Blue and Orange are drawn to each other in balance and maturity, each becomes a beautiful and perfect balance for the other. Blue calms down the effervescent Orange, and Orange enlivens the often, too serious, Blue. An Orange personality is encouraged by endless support from Blue, to be brave about telling the truth. It gains huge self-confidence and self-respect from its peers when it steps up and takes responsibility for all it does and all it says. Instead of hiding behind the mask of the clown, Orange can eventually have enough courage and fortitude to remove the mask completely and reveal its true self to the world. When it finds it is loved and accepted even more than before, the Orange personality simply glows. Its complementary, Blue, will always be there. Ever cool, calm and collected, mature, serious and true-blue. Together, they are a formidable and enduring combination.

## COMPLEMENTARY AURA-SOMA® BOTTLES

There is only one bottle in Aura-Soma which contains Orange & Blue complementary colours together, B72 "The Clown Pagliacci". No matter how many times I change the B72, the lower fraction of Orange insists on morphing into a dark "burnt orange" colour.

Sitting with this phenomena, it seems that this bottle is trying to reveal that part of our self which lays very deeply hidden behind the mask. Quite often when Pagliacci is chosen, it may well indicate that the mask we wear is of such long standing that even the wearer has forgotten the self they show to the world is not real. Looking at the true self may be too painful, so we stop showing it altogether. Others may never know just how much false bravado is used to maintain the façade we show them. They will be completely taken in and think this person is SUCH a happy soul. The truth may be far, far different, however, and this fun, fun person may be really suffering inside, with many, many unshed tears. The tears will be so hidden, that even the clown does not acknowledge them. So, there they lie, hidden, frozen, like a lump in the belly that will not stop aching, and with no way to express what that feels like.

The blue top fraction of this bottle is in the conscious mind of the one who has chosen, and may well represent the battle between truth and lies that takes place when Orange goes into hiding. Blue is about authority and protection but when they're misused, then abuse of one sort or another, albeit in varying degrees, is usually the result.

The wonderful thing about this bottle, however, is that by using it, then gently, but inexorably, we find the courage to remove the mask. Blue helps us to see how our intrinsic truth may have been compromised, and how lies helped to cover it up. If the one who chose the bottle has been a victim, then the lies would have been a method of survival (red in orange). If the chooser was the perpetrator, then the lies would have been about exerting power and control over another (yellow in orange). In either case, using this bottle helps us to face what was, and to let go of how we wanted it to be. Whether or victim or perpetrator, Pagliacci helps us surrender completely to the truth. To face and embrace who we really are, and to let go of the mask onto which we have been holding so very tightly.

Ironically, when we finally let the mask drop, only then do we find such a depth of joy within us that we truly do begin to laugh with the world. Our joy rises from the depths of our belly and rumbles up through our throat chakra as it's released in open mouthed laughter. Dropping the mask brings a freedom we had never thought possible. What we have been so scared to do, is actually the one thing that brings us more joy than we ever thought possible. When we eventually take a good long look at ourselves with no mask at all, it's an opportunity to fall in love with the angel within.

After using this bottle, Pagliacci now becomes the *insightful* clown, the one who sees through the pain of others still hiding behind their own masks. The clown gently helps them to let go. Not by rushing in to rescue anyone from pain, but simply by shining the light of joy into the world to keep others smiling and positive. No longer using self-deception to do this, but intrinsic wisdom, empathy, and the sheer joy of being free.

## MIRRORS OF EXISTENCE

Osho said, *"There is nothing outside you that is not you."* Believe it! Everything in our world is simply a mirror of Existence, but the human condition causes us to view them as something quite separate from us. Apart from the, now rather clichéd, aspect that we are all mirrors for each other, what is there to discover when we apply that mirror to everything else in our world?

*There is nothing outside you that is not you.* The cycles of the seasons are a mirror of our life and death cycles. Does a tree only live for one year, one cycle of the seasons? No, trees live on for years and years, continually cycling through summer, autumn, winter and spring, and each little death in winter is inexorably followed by a new life in springtime. Whole universes die as they collapse into black holes, but as they fall in on themselves, they are pushed out through the other side and are born again through the birth canal of a white hole. So it is for we humans, on the cosmic wheel of death and re-birth.

Sub-atomic particles interact by attraction. As they come together they may clash, deflecting or completely destroying each other. Sometimes, however, they combine and form a completely new unit of energy. Our human relationships are just the same. Carl Gustav Jung said, *"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed."* And the biggie. Sex. The human orgasm, no matter how wonderful, no matter to what great heights it may take us, is merely a tiny, tiny fraction of the ecstasy available to us when we finally make the great surrender, joining with, and melting into, Existence itself. Everything is simply a metaphor for everything else

In the world in which we live, our greatest challenge is to see through duality. It seems that everything is in opposition and we are constantly forced to choose. Just when everything is going well, disaster strikes, and we feel we are constantly in a state of turmoil, going round and round in a maelstrom. When we think about maelstroms or cyclones, where is the calmest point? The very, very centre. So, when we surrender and stand in the very centre of our personal maelstrom, loving and embracing all that it brings to us, rather than constantly fighting against it, what might happen? We just might find the peace we've been seeking for so long.

This is the planet of choice, and we came here to experience being in linear time and making choices about how we spend that time, with whom we spend it, what we do and how we do it. When our world seems turned upside down, here is a chance to look deeper at the choices we have made in the past, to see if they have served us. If not, why on earth would we make the same choices again? Time to stop resisting what arises and look a little deeper than before. Our greatest fears always hold our greatest gifts.

In the Aura-Soma Bottles we also see duality reflected. The two fractions contain either oil or water which usually repel each other. When vigorously shaken together, however, an emulsion results which then becomes a catalyst for change when we apply it to our body. Using an Aura-Soma bottle is an opportunity to lovingly embrace all we have resisted in the past, in order that we can enjoy the gift of who we truly are, today.

Cycles, seasons, sub-atomic particles, orgasms, maelstroms and Aura-Soma: Osho said, *"There is nothing outside you that is not you."* Believe it!

## THE REIKI PAGE

From time to time, all Reiki practitioners should question why they were led to take Reiki Attunement. It's good to re-focus ourselves and look at what is driving us. Is it a deep wish to assist others? So many souls out there who need healing? Born to be a rescuer? If you answered 'yes' to any of these questions, then it's definitely time to think again.

The original, and still the absolute essence of Reiki, is that it was given to us to heal ourselves! This is so difficult for many of us to truly grasp, as our culture encourages us not to be selfish and to always put others first. The thing is, however, that when it comes to "healing" if we ain't right, then they ain't right!" No one can possibly help another unless they themselves are as balanced as they can possibly be, in that moment. This doesn't mean we have to be "perfect", but as clear, grounded and flowing with energy as pos.

With Reiki, it isn't possible for us to simply put on our Reiki Hat for healing, and then be something completely different for the rest of the time. In Reiki, we need to meet always, in truth. Not being "so heavenly we're no Earthly good", but being grounded, practical and fully connected to Source. It can be no other way.

So, how to achieve this elusive state of balance and wholeness; this state of groundedness, clarity and flow? Self-Reiki, pure and simple. If you have nothing else in your daily spiritual practice, have this. It's so simple and quick to do. You don't even have to get up on chilly mornings, or sit upright with a sore back! This is one spiritual practice that is performed better when lying down. Before you go to sleep, self-Reiki; before you get up, self-Reiki. Either, or both if you can manage. The more frequently you practise, the quicker and more effective the practice becomes.

At bedtime, self-Reiki helps us to relax physically and mentally. It aids sound, restful sleep and opens us up to cognitive dream states. Performed in the morning, self-Reiki gives us the *best* start to the day! With regular practise, we begin to find that now our days have flow and harmony, that we don't get so annoyed with events or people, that we have more time and more patience. So, did all these things change? Unlikely! No, through self-Reiki we simply find it easier and easier to remain balanced, no matter what our day may bring. In effect, the things are the same but,

of course, it's we who change. Just as a reminder, here are the basic hand positions for self-Reiki. For those who didn't take Reiki 1 with me, the positions you learned may be a little different, but they will be just as effective, so use the positions you are most comfortable with.

### **SELF-REIKI PREP & PRACTICE**

(with practise, you will be able to prep very quickly but if this is new to you, then don't try to rush it, just savour the experience of learning something new, and the rest will follow.)

- Ensure you are warm/cool enough and are well supported with pillows and blankets etc.
- Take 3 deep, cleansing breaths, and then just breathe deeply and slowly, using the belly as a gentle bellows to inflate and deflate the lungs, and breathe both in, and out, through the nostrils. (Breathing out through the mouth is cleansing; breathing out through the nostrils is relaxing.)
- Visualise the Earth Star beneath your feet and connect to the centre of the Earth. (The Love from Beneath.)
- Visualise the Soul Star above your head and open to Source. (The Love from Above.)
- Feel the Earth energy rising in sparkling, rainbow faceted light, spiralling up into your heart.
- Feel Source energy falling upon you as sparkling, rainbow faceted light, spiralling down into your heart.
- Feel your cells radiate with Divine Light (the Love from Within.)
- Feel these energies combine in your heart, then flow down your arms and out from your palms.
- The use of colour is optional, but definitely adds to the process.
- Reiki 2 Students can also use symbols at each Chakra.

### **SELF-REIKI HAND POSITIONS**

Hold each position for a few minutes. Use your intuition to feel when it's right to move.

- Place both hands over the genital area or the tops of your thighs. Feel (red) energy in your palms begin to flow into the Base Chakra and surrounding physical body, legs, hands and feet.
- Place hands on the abdomen, feel (orange) energy flowing into the whole belly area.
- Move to Solar Plexus. Feel (yellow) energy flooding stomach and all organs between heart and waistline.
- Move to Heart. Feel (green/pink) energy flowing into your heart and lungs.
- Place one hand on front of throat and one at back of neck. See (blue) energy flowing from your palms into throat area.
- Place one hand on forehead and one at back of head. See (Indigo/Royal Blue) energy, flooding into a band around the head, (like a thin bandana) and into the brain.
- Place both hands on top of the head, leave a small gap between little fingers. Feel (violet) energy flooding into top of your head.
- Place hands over ears
- Place palms directly over eyes.
- Relax hands down, be aware that your whole bodymind is relaxed and all chakras are spinning gently, full of light and in perfect balance and harmony.
- See the Chakras spinning in light, expanding, merging and flooding your whole body, as you now become a column of pure, divine light energy, fully grounded, fully connected.
- If using colour, see a soft light-Magenta cloud surrounding your whole body and know that you are, Unconditional Love and Unity.

## DISCOVERING COLOUR

with Linda

with Linda, at Fig Tree Pocket.  
OVER TWO WEEKENDS, ONE MONTH APART

### PART 1 PRIMARY & SECONDARY COLOURS

Sat 7th & Sun 8th June 2008 \$180

### PART 2 TERTIARY COLOURS

Sat 5th & Sun 6th July 2008 \$180

This short course is designed to get you thinking and feeling for yourself. Not just relying upon what is written by others about colour, but by exploring it personally, through as many avenues as possible. The methods used will help to reveal the intrinsic knowledge you already carry within your cells. In these two weekends, we will explore each colour through meditation; colour breathing; our five senses of taste, touch, smell, hearing and sight; colour tableaux, observing nature, mind-mapping, and discussion. As we look at only 3 colours each day, this allows plenty of time for a complete exploration of each.

Whether you are an Aura-Soma practitioner, a colour therapist, a practitioner of other modalities, a personal colour consultant, interior designer, if you use fabrics, or, you're just someone who simply adores colour, then this is the course for you! Come and discover why we say colour means this or that, come and feel for yourself, the affects of different colours when applied to our body in different ways and, why and how colour affects us the way that it does.

BOOKINGS: (07) 3878 5953 04 1331 1208

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

## CONSULTATIONS & TREATMENTS with Linda

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

All sessions last for approx one and a half hours and cost \$60, with the exception of Chakra Massage which is \$70

BOOKINGS: (07) 3878 5953 04 1331 1208

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

## REIKI ATTUNEMENTS

Offered in sacred space with all due honour and respect for the journey you have completed so far.

Currently by appointment on weekdays only. One-on-One or pairs.

Reiki I & II weekend workshops will be offered later in the year.

BOOKINGS: (07) 3878 5953 04 1331 1208

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

## AT WOMENSPACE

with Linda

### **YOUR BIRTHDAY BOTTLES (Aura-Soma)**

Sun 20th April 1:30am—4:30pm

Venue: Womenspace, 12-14 Homebush Road, Kedron. *Fundraiser — all proceeds to Womenspace, 12 Homebush Rd, Kedron*  
\$25 (\$20 concession)

**Please book through:**

**Glenys McChesney-Clark, Coordinator**

Ph: (07) 3357 7444 [www.womenspace.org.au](http://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.)*

## AT THE DEER FARM

with Linda

### **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 then come and join us.

***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 (07) 3289 4270***

There are some wonderful workshops coming up, facilitated by some beautiful practitioners. Please contact the presenters direct for lots more details than I have room for here. I do hope to see some of you at my own workshops, either at the Birthday Bottles at Womenspace or, one of the two workshops I'm presenting at the Deer Farm shortly.

**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 the Womenspace Newsletter contact Womenspace direct. I've attended some wonderful workshops and events through Womenspace 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. **Bookings for "Your Birthday Bottles"** with Linda, on Sunday 20th April, via **Glenys McChesney-Clark, Coordinator 3357 7444 Womenspace, 12-14 Homebush Rd, Kedron 4031 [www.womenspace.org.au](http://www.womenspace.org.au)**

### **AT THE LYELL DEER FARM**

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

- 1. Colour Intro Workshop Wed 23rd April 2008 10am-2:30pm \$35.** Practical and fun, looking at the meanings of colour, your own colour personality and some hands on use of the Aura-Soma pomanders.  
*Bookings through the Deer Farm*
- 2. Our Multi-Coloured Chakras Sat 17 May 2008 10am-4:30pm \$65** All colours are found within each Chakra, just fractals, but which have a profound affect on the main chakra colour. A much deeper look at colour.  
*Bookings through the Deer Farm*

**Other Events at the Deer Farm:** Full Moon Drumming, New Moon Womens' Circle, Medicine Drum Workshops, Peace Fire, Sweatlodges, plus guest presenters 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](mailto:info@lyelldeerfarm.com)  
**Website:** [www.lyelldeerfarm.com](http://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**

**"A COSMIC RAINBOW" by Noëlle Leven**  
A real "bible" for all who love colour, containing a wealth of knowledge on many aspects of Colour Therapy. **\$35 each, a saving of \$50** on the original price. Can be posted to you anywhere. Order from Linda (07) 3878 5953 04 1331 1208 [linda@colourresonance.com.au](mailto:linda@colourresonance.com.au)

**COURSES WITH ELIZABETH BRADFIELD-LOTSCHER at Fig Tree Pocket. Bookings: (07) 3379-1891**

#### **Women's Body Wisdom**

24<sup>th</sup> April – 29<sup>th</sup> May Thursday nights (7.00pm – 10pm)  
11<sup>th</sup> June – 16<sup>th</sup> July, Wednesday nights (7.00pm – 10pm)

#### **Mother Song**

Wednesday (Thurs) evening 24th July (7.00pm – 10pm)

Saturday 2nd August 9 - 4.30pm

Wednesday evening 13th August (7.00pm – 10pm)

#### **Three faces of She**

- Power and Strength Friday 23rd and Sunday 25th May
- Succulence and Sensuality Friday 19th and Sunday 22nd June
- Love and Compassion Friday 18th and Sunday 20th July

**INTRO GIFT CIRCLE** next **Friday 18th April**, 6.30pm arrival for 7pm start. The Circle is being held at 16 Constitution Road, Windsor. Please bring for yourself a water bottle, a cushion to sit on and a small offering of food to share with the other women after circle. Please let Rose or Sheila know you if you are coming.

Sheila 0421 318 575 or 3357 3971

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

Rose 0408 199 687 or 3357 7903 [roseweaver9@hotmail.com](mailto:roseweaver9@hotmail.com)

Another amazing, transformational **Gift weekend** will be held in Brisbane on **6th, 7th & 8th June 2008.**

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

### **JOURNEYS WITH SOLUNTRA KING**

**1. CENTRAL AUSTRALIA - SEPTEMBER EQUINOX.** FROM 4pm SUNDAY 21<sup>st</sup> SEPTEMBER - TUESDAY 30<sup>th</sup> SEPTEMBER  
*Eleventh Gate Anchoring at Uluru, Second Sun, Ra Light, Inner Earth Connection at Kata Juta, Central Sun Day at Kings Canyon, Central Australia.*

**2. JOURNEY OF THE SECOND SUN AND RA LIGHT**

MEXICO 10TH - 22ND JUNE 13 days

**3. JOURNEY OF THE DIAMOND LIGHT THE NEW LIGHT**

**MATRIX . SOUTH ISLAND, AOTEAROA, NEW ZEALAND** 10th DECEMBER - 18th 8 days 9 nights

#### **More Details & Bookings:**

Soluntra King [soluntra@evenstarcreations.com](mailto:soluntra@evenstarcreations.com)

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

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

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

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