

Our Colourful Times

Colour Resonance Newsletter

Issue 78

JULY 2008

WEBSITE NEWS

Many thanks to everyone who has emailed with comments and suggestions for the website. It's very much appreciated. If you haven't visited so far, please do. Upcoming workshop info will be available soon. Apart from the August Foundation Course, I've also decided to offer a series of small, very affordable workshops in Brisbane later this year. Details will be in next month's issue and on the website.

I've recently been asked to give some clarification about the workshop notices I post in "Our Colourful Times". Basically, the Newsletter and website are, first and foremost, to promote my work with Colour and Reiki and to share info with others. So no surprises there! I have, however, met so many wonderful students and fellow facilitators over the years, who have so much to offer, it's my joy and my pleasure to include information about their workshops too. I don't charge for the notices as they are by way of my personal recommendation, rather than an advert. I feel I can't give this recommendation unless I know the person and their work. It's also important to me, that the subject matter is in line with the philosophies I embrace myself and am, therefore, comfortable promoting. It is my preference not to include anything or anyone I can't personally recommend. I hope that helps!

The Newsletter and website will continue to grow and this will be a fairly organic process, so stay tuned.

www.colourresonance.com.au

CHAKRA MASSAGE BOOK



Vicki Engeham's book on her fabulous Aura-Soma Chakra Massage technique is now available. Retail price is \$36.95. Discount applies for Aura-Soma students and practitioners. Please order through your usual channel.

This is one of the most beautifully presented books I have ever seen. For anyone who has already completed this course with Vicki, it's a "must have". You'll find there's everything you learned in the course, and much more. If you haven't yet completed the course, it's an absolute inspiration to do so. Vicki travels all over Australia, Asia and Europe presenting the 3-Day Chakra Massage Course which, like the book, is soft, educational, gentle and inspirational. This book can be mailed to you anywhere in Australia or overseas. (Postage extra.)

COMING UP

I hope you've enjoyed looking at complementary colours over the last few months. As most of you know, I don't always write about the run of the mill things colours are said to represent. Instead, I try to find another way of looking at them to see if we can find something deeper, something not in the mainstream of information. Sometimes there's not a lot - sometimes there's too much to squeeze into the column! Either way, my hope is that the articles provide something for you to think about which sets you off on your own discoveries.

Coming to the end of the articles on complementaries, the question of "what's next?" has obviously arisen. I feel it's time to get back to my roots in colour therapy for a little bit, and have a look at how colour relates to our physicality in conjunction with the Chakras. This may seem like very basic stuff for those who have been doing it for a while, but of course, our physicality also relates to our psychology - and that's where the fun is!

I hope you'll enjoy re-discovering your body through colour over the next few months, and will find new and wonderful ways to use colour in your everyday life or in your healing practice.

BRISBANE AURA-SOMA FOUNDATION COURSE



For those of you living in or near Brisbane, I'll be offering one last Practitioner Foundation Course for this year, in late August. **Please note:** Whilst the Beamer Pen Courses are separate from the Practitioner Training Courses, Level 1

Foundation is a pre-requisite to do the **Beamer Pen Level 2** with Shanto in October (see pg 5).

Also if you complete Level 1 Foundation this year, you can then attend the Level 2 Intermediate course I'll be offering next year.

There is no requirement for you to become an Aura-Soma Practitioner if you are drawn to do the Foundation course, but it's the first step to learning all about these amazing bottles of coloured light. Even if you practice other modalities, you'll gain a wealth of information and practical application for introducing colour easily and effectively into your current practice.

COMPLEMENTARY COLOURS OLIVE & MAGENTA

For the last few months, we've been looking at the complementary pairs of colours. This is our last pair, Olive and Magenta. These two are perfect balancers for each other and could be considered the new age versions of red and green. Olive is mostly Yellow with a little bit of Blue, and Magenta is mostly Red with a little bit of Blue.

Olive has long been regarded as a negative colour as we have been used to seeing it only in its dark, murky shades. Now, however, we find it in fashion and décor as a much softer, lighter colour. "Pistachio" is a very popular light olive, and Lime Green is the flouro version. My first colour teacher, Noelle Leven, told us always to steer clear of any murky, muddy looking colours as they "clouded the issue." We find this is so true as, with the dark olive colours they can deepen into the yukky camouflage colours used by the army. Very dark olive is the colour of stagnant pools and streams, where there is no water flow, no oxygen, no life and where the vegetation has rotted into slime. We often wear dark muddy colours when we feel like there's no life or light in us either.

The lighter tones of olive, however, have a far different meaning. Lime green is one of the most refreshing and cleansing of colours, and all pale tones of olive carry the message of bringing in the light. Olive oil has been used for centuries in the Middle East and Europe to physically bring in the light by fuelling lamps, and still has many everyday, as well as sacred, uses. Olive oil comes in many different colours. From the palest tints to the deepest shades, the oil produces a rich golden yellow-green. The gold hidden within olive carries the aspects of ancient wisdom and discernment.

In some Mediterranean and Middle Eastern landscapes where nothing much else flourishes, the olive tree grows, with hardly any soil or water, clinging to the rocky and almost barren terrain, it provides nourishment for humans on both a physical and a spiritual level. Here we see the aspect of tenacity.

The colour Olive has many qualities that align closely with those of Green, particularly the aspect of new beginnings. Pale Olive is the colour of almost all new shoots, no matter what the plant. Like Green, Olive is also about the heart but we see in Olive, a great deal more emphasis on bringing more light to the heart. Soluntra King has recently made us aware of another Chakra coming "on-line" between the Solar Plexus and the Heart - the "Souligh Chakra". The first time I heard that name, my cells immediately responded. This new Chakra shows that humans are capable of subjugating the Little Will to obey the Higher Will, rather than to allow the Little Will (ego) to dominate. Unless and until we can be masters of our identity, we cannot fully operate from the heartspace.

Another aspect of Olive is that of forgiveness. This is a key issue for it's complementary colour, Magenta. We align Olive Green with bile and, although within the body, a certain amount of bitterness is needed for digestion, it's not a good quality for our emotions. If we are full of bile and bitterness about past events, then we are not in the right state of mind, emotion or spirit to even consider forgiveness, much less attain it.

Olive Green is Gaia in her spring dress, full of hope and joy for the growing light upon the Earth and the new life about to burst forth. Within Aura-Soma, it's the colour of feminine leadership, a new way to lead for both men and women as we move further into the Age of Aquarius and the rising of the Divine Feminine.

Magenta is unique in Colour Therapy and Aura-Soma, because it's the only colour we use that is not aligned to a Chakra which penetrates the physical body. Magenta is the colour which unites the Base Chakra with the Crown Chakra - consolidating our connection to Earth and to Source. It unites our masculine and feminine; our physical and non-physical states.

Magenta is so appropriate to have as the complimentary for Olive because it's the colour of completion, and it's only when we've managed to overcome anger, resentment and bitterness, that we can truly forgive "those who have trespassed against us". In Olive we learn not only to forgive, but also to forget. In Magenta, we actually move past the need to forgive and operate from a standpoint of unconditional love and compassion instead. The Red in Magenta contains the aspect of tenacity - just like Olive. It reminds us that we have chosen to be a physical being, on a physical plane, experiencing a multitude of physical lessons, so we need to be as present as we possibly can whilst we do this.

Being human upon Earth is the tasting plate that Spirit offers to us for our evolution. Are we capable then of accepting and experiencing physical limitations; emotional trauma; mental overloading; time; gravity and the rest of Duality, and still be an embodiment of Unconditional Love & Unity Consciousness? Those are our challenges, but the gifts are limitless. The thing that really helps us to meet our challenges is to stay completely grounded as our vibration becomes more subtle. Like Olive, Magenta holds the aspect of transformation, and we need to be very grounded in order to transform ourselves from a base human into an Angel upon the Earth; not discarding our physical body, but transforming it through Unconditional Love & Acceptance. We could say that Olive brings in the Light and Magenta is about using that Light to effect our transformation.

Magenta is known as "the unseen colour" because it was only discovered during Goethe's experiments with "fringe" colours and yet, it has always been there. It's now realised that the more humans evolve, the greater the range of colours we can perceive with the naked eye. We see colours now that our ancestors certainly did not, and we know this because it's a human trait to re-produce in various art forms, things that are in our environment. No Magenta in historic paintings or cave sites, indicates that very possibly this colour was unknown back then. Magenta is a waymarker of our evolution upon the Earth. Like Olive, it represents a new paradigm for humanity.

We learn from Magenta, that our spiritual unfolding is greatly assisted when we take care of the little things in life, paying attention to the details. When we do this, we stay our of our own way and the larger things then have the freedom to simply fall into place. When we work upon ourselves, we work upon the whole of humanity. *We* are the little thing to which we need to pay attention.

Magenta is wholeness personified. It represents the level we can attain when we have overcome the major challenges and old patternings contained in our lower Chakras and their associated Subtle Bodies. It's rather like the bus stop at which we wait for a vehicle to take us even closer to Spirit. As we work more and more from a standpoint of Unconditional Love & Compassion we increase the Divine Light that lies within our cells, our physical body, our Chakras and our Subtle Bodies. When we continue to do this, our physical body eventually transforms into our Body of Light. It's the Merkabah, the Divine Vehicle by which we travel and transcend all states of beingness. Imagine our surprise when we eventually realise that we were already the vehicle that we've been waiting for!

Once we have begun to operate as One Body of Light, we then begin to integrate the myriad parts of ourselves that exist in places other than this planet. Transformation, increasing light, completion and wholeness. Olive & Magenta.

COMPLEMENTARY AURA-SOMA® BOTTLES

There isn't an Aura-Soma bottle that has both hues (the medial colours) of Olive and Magenta in the one bottle, but there are two that are very close.

B99 "Archangel Tzadkiel", Pale Olive over Pink/shakes to Olive. This bottle helps us towards acceptance of the self, so that we can move forward into a new beginning for love. This bottle is very much about the process of new light entering the heart and, therefore, helping us to find a new way to forgive the past. Pale Olive is more intense than its hue, amping up the light quotient and bringing in the energy of the Ascended Ones. Although Pale Olive is similar to the colour of Hilarion, it's actually closer to colour of The Holy Grail quintessence (for which there is no matching bottle.) The connection to the Holy Grail, shows us that rather than looking for answers outside of ourselves, we should shine that extra light into our heart. The Pink underneath confirms that the heart is our greatest support, helping us towards self-acceptance and transformation.

As the shaken or overall energy of this bottle is Olive, we see that by using it we can allow ourselves to transform into a sweeter being, releasing old thought patterns and fears, and walking our path with new understanding and clarity. Both men and women can find a new way to utilise their leadership skills, allowing the Sacred Feminine to rise to her rightful position upon the Earth at this time, bringing new beginnings to all.

B106 "Archangel Samael", Deep Olive over Deep Magenta/shakes to Deep Magenta. Archangel Samael is the Angel of Death. One of the darkest bottles in the set, it was born on the morning of 9/11 2001. When we use this bottle, however, we find that even when we descend into the depths holding only darkness in our heart, and bitterness taints our every thought, unconditional love is still there to support us.

The Deep Magenta lying in the base fraction provides a soft and safe place for us to fall. Rather than fear the darkness, when we experience the Deep Magenta state, it's like being cradled in the hand of God. Somehow we know, that even with all the pain, we are safe and protected. We know that everything will be alright. When we relax into the rich, velvety darkness and accept being in it, it ceases to be scary and, instead, becomes comforting. We have found a place to lie quietly and heal. As we lie, surrounding by the energy of unconditional love, falling deeper and deeper into the depths, suddenly there's a tiny spark of light. As we continue to go deeper, the light grows brighter and we are drawn towards it. From an unfathomable black hole, we are re-born through a white one.

The Deep Olive in the top fraction shows us that if we stop loving and forget to have hope, then we become stagnant. Like the Deep Magenta, the Deep Olive has hidden light within it. At first glance, the yellow isn't seen, but it's there, quietly waiting to shine its light and help us towards a new beginning. Having hope is so important for we humans when we are faced with any kind of adversity. Also buried within the Deep Olive is a little bit of blue, so we see that even when our faith is sorely tested and may seem to have deserted us, it's still there. Blue is also in Magenta so when using this bottle, it helps to keep our faith and trust alive. Even in very distressing times, this bottle can bring great peace into the heart. This is a bottle that can also bring transformation, peace and hope for a new beginning.

COMPLEMENTARY COLOURS

Complementary colours are those which sit opposite each other on the colour wheel. They can either balance or oppose each other. What one lacks or contains as a challenge, the other will make up for and provide some clarity.

Colour Therapists, for centuries, have used complementary colours to bring about balance and healing for body, mind and spirit. It's not always the case, however, that an imbalance in the solar plexus, for instance, will need its complementary of Violet to re-balance it. Sometimes it just needs the "correct" Yellow. All colours, like sounds, have a range of vibrational frequencies that fall within its overall "tone". The trick is, to find the right one! The hue, or mid-point, of colour is usually the most effective but, like all complementary modalities, there are many variables.

These days, colour therapists use 12 complementary pairs

- Red & Green
- Coral & Turquoise
- Orange & Blue
- Gold & Indigo (or Royal Blue for Aura-Soma)
- Yellow & Violet
- Olive & Magenta

As we've seen in this Newsletter over the last 6 months, the 12 colours are perfect pairs for the current paradigm which humanity is experiencing. This will most certainly change over the years as we continue to evolve, and we are likely to see more metallic colours manifest such as gold, silver, bronze and copper. Lead and platinum may well become the next age equivalent of black and white.

The natural presence of complementaries can be easily seen. If you take a piece of Red material or card and stare at it for several minutes, very gradually you will see a very light Green appear to one side (or close your eyes to see it.) When staring at Green, however, the colour seen is actually a very pale Fuchsia-Magenta rather than Red. The complementaries will always appear much lighter with this method as one is an artificially pigmented colour and the other, pure light.

Dr Dinshah Ghadiali was the modern pioneer of Chromotherapy - the art of using coloured filters to heal. Although he had some amazing successes, he was denounced as a quack and even spent time in prison, despite having many case studies to uphold his theories. He was passionate about using the complementary colours and this is now an intrinsic part of modern Colour Therapy.

In the Colour Therapy Diploma Course, the use of complementaries plays a large part. Whether using silks, crystals or colour filters, after the main colour has been applied the complementary is always used. In both dress and décor, using complementaries to balance works extremely well, and rather than the basic hues, it can be even more effective when various shades and tints of a complementary pair are used, ie rich violet with pale yellow, pink and mint green, or Magenta and very light olive.

Balance is the key to all healing. We need balance between our home, work and leisure time; we need balance in our spiritual practices, and we need balance in our relationships. Where balance exists, dis-ease does not. Buddha told us to walk "the middle path" and no matter what our belief system, this is a good maxim to live by. Bring in balance by using complementary colours and notice the difference.

THE REIKI PAGE

When you take Reiki 2 Attunement, one of the things you learn is Distance Healing. There are many ways to do this and no one way is better than another.

Many people perform Distance Healing naturally, just by holding someone in their thoughts and sending them much love. This can be ramped up though, and the focus given more direction when our higher consciousness is engaged.

Before giving Distance Healing, it's very important to ask permission. Even in spiritual matters we still need to observe good manners! There are various ways to ask permission and every Reiki practitioner should be able to do this. The reason we must ask permission before sending Distance Healing, is that it may actually be far more beneficial for an individual's spiritual progress to go right through the physical manifestation that they are currently experiencing - even if it results in their leaving their earthly body. They may not know whether or not this is so, but their Higher Self certainly does, so that's where we should address our request. Our Higher Self to their Higher Self. If you should get a firm "No!" then this must be respected, no matter how much you wish it were different. (And you will definitely know a "No!") If you receive a "Yes" reply, then you can feel comfortable about proceeding.

Many practitioners like to use a proxy for Distance Healing, such as a teddy bear, a doll, or even a pillow. If you do use a proxy, then it should be respected, kept immaculately clean, kept away from children, and only used for its intended purpose. You can also "pretend" that you have the person on your healing table and proceed with a full Reiki treatment as though they were physically there. Another way is to imagine you have their whole body in the palm of one hand, and use your other hand to complete the treatment.

You may well find that there's a time in your Reiki practice where you simply and naturally, without any fuss or fanfare, move beyond form; beyond set procedures. Just follow your Higher Self guidance, stay grounded, connected to Source, remain open-hearted and you won't go wrong. It's right and natural that Reiki evolves with us. We don't stay stagnant, and neither should our healing practices.

Some of you will remember the article I wrote a while ago on Past Lives and, a similar criteria applies to Distance Healing as well. We need to be clear about not imposing our will upon the person to whom we are sending the healing. They may have asked us for "healing" but true healing is not necessarily about getting well physically. We should, instead, focus our Intent on sending them Love and Compassion to help them achieve their highest potential - whatever that may be. We act as support crew, a hand to hold, a comfort in times of need. It isn't our place to direct their life.

If you are really busy and have several people who have requested Distance Healing, it's possible to set up a "programme" to run for them at a specified time each day. Once set, it's a quick and simple task to tune in from time to time, to see if the programme needs adjusting - which it often does.

One of the most useful and effective healing techniques is one I learned many years ago from Soluntra King. It's to see the person, place, or event you are sending healing to, as already whole and perfect. Whilst we hold someone in our thoughts as sick; whilst we see a country only as ravaged by famine or war; whilst we see absolutely no solution to certain circumstances, then we increase those conditions. Obviously, that benefits no one as it actually prevents change occurring, even when we have been given permission from Spirit to assist the change. When we see everyone and everything as Divine and Perfect, then that's what they become. It's not about imposing our will, but about seeing things clearly - moving into the Magenta state of Wholeness and Oneness.

A friend of mine in America recently had a recurrence of the breast cancer she'd had a few years earlier. This time it was much more aggressive and things did not look good. Her friends and family prayed for her and then she asked me if I would also send her some Reiki, which I did. She and I hardly know each other really, we went to school together but haven't seen each other since we were 15 or 16, and have only recently got back in touch. I was quite unprepared, therefore, for what happened when I began to connect to her.

Even at the first session, she took my breath away because, before me, was not the gorgeous blonde lass with a bubbly personality that I remembered; not the sick and suffering human body who knew nothing of Reiki and had never studied anything esoteric. This was a being of pure, refracted Light. Also interesting was the fact that whenever I connected to her, I always "travelled" to her, rather than she come to me - which is the usual way we do Distance Healings - the Receiver goes to the Giver. Each time we connected, she became lighter, brighter and even more beautiful. On one of these amazing interactions, I finally realised that *she* was assisting *me* to raise my vibration, I wasn't healing her at all! (Sometimes Spirit can be dead sneaky!) This was a fabulous reminder of our true state of being.

It was truly very touching and tender and I emailed her about my experiences with her on the Inner Planes, but of course, she knew nothing about it, and found it all rather hard to believe. The healings went on for some months whilst she went through a double mastectomy, radiation, chemo, hair loss, and all the rest. Now, 18 months or so later, my friend is free of cancer, has started reconstructive surgery and at her last check up, all her levels were back to normal and she's feeling great.

She still has trouble believing she's a magnificent being of pure, refractive Light though!

WA PRACTITIONERS' CORNER

If you have been a student of Colour Resonance and would like to be included in this Directory, please let me know. Hopefully, it won't be too long before we have some Brisbane Colour Resonance students on here too!

If you are looking for a practitioner of a specific modality, please check through this little corner first. I know all these practitioners personally and can genuinely recommend each one.

REIKI TEACHER, REIKI HEALING with channelling of Wisdom and Language of the Heart to move you into the 5th Dimension. Jenny Bertram
Hilton (08) 9337 1109, jenny.bertram@hotmail.com

REIKI HEALING, THETA HEALING, REFLEXOLOGY Rada Vlatkovic, **East Vic Park**, (08) 9470 2640 arda.vlatkovic@bigpond.com

REIKI TEACHER, YOGA TEACHER inc PREGNANCY & CORPORATE, BREATHWORK GARDEN HEALTH & DESIGN Donna Deeley
"Simply Sustainable" **Hamilton Hill** (08) 9337 4701 0413 107 223

REIKI TREATMENTS & TRAINING, VISUAL ART, MASSAGE Jennie Newman, "Art Beyond Boundaries" **Bassendean** 04 0823 7864 jennien@westnet.com.au

AURA-SOMA COLOUR, EARTH HEALING, WORKSHOPS, COURSES, MEDITATION Merlinda Reed "Angels of Colour & Light" (08) 9399-1614 (04) 0079-5456

AURA-SOMA, COLOUR THERAPY, REIKI TEACHER, CIRCLE DANCING Lillian Haagenzen, **Joondana**.
(08) 9444-8476 04 1290-0504 ljhaag12@dodo.com.au

CHAKRA DANCE, COLOUR THERAPY HEALINGS, AURA-SOMA COLOUR, REIKI Shirley Tonkin, **Albany**, 04 0968 8434 stonkin@chakradance.com

ART, MASSAGE, HEALINGS, AURA-SOMA, REIKI, COLOUR THERAPY Paula Kay McBean, **Heathridge**
04 1129 0024

REIKI Tara Mazzuchelli, **High Wycombe**, (08) 9454 6934 TARMAZ@bigpond.com

REIKI TEACHER AND PRACTITIONER Christine **Mandakini** Sacha, **Beaconsfield**, (04) 0452-5581

ART/SILK PAINTING COMMISSIONS/CLASSES, AURA-SOMA COLOUR, COLOUR THERAPY Paula Frances Bradley, **Fremantle**, 04 0582 0827

SOUND & COLOUR, REIKI, PRANIC, INTUITIVE HEALINGS, HYPNOTHERAPY Maureen Stephenson "Emergence @ Chrysalis"
North Perth (08) 9328 5021

BOWEN THERAPY, AURA-SOMA, WA BUSH FLOWER ESSENCES, YOUNG LIVING OILS REIKI TEACHERS Felicia & Tim Sandover, "Alternative Ways", **Gosnells** 9398 4489 04 4806 6717

REIKI, REFLEXOLOGY, BEAUTY THERAPY, HOT STONE, REMEDIAL & RELAXATION MASSAGE Sheree Regan, **Kenwick**, 04 0523 4602

AURA-SOMA, REIKI TEACHER, MAGNETIC HEALING, VIBRATIONAL ESSENCES Gloria Griffiths "Compassionate Colour" **Craigie**, (08) 9307 2946

COLOUR HEALINGS, REFLEXOLOGY, REIKI & WORKSHOPS Jo-Anne Kinnear, "Sunwalker Healing", **Mt Hawthorn**. (08) 9201 1826 04 19931848

AURA-SOMA COLOUR, REIKI, LUXOR LIGHT, COLOUR HEALING, WORKSHOP FACILITATOR Tricia Rigo, "Magenta Healing" **Rossmoyne** (08) 9354 7363 tricia_rigo@yahoo.com.au

AURA-SOMA TEACHER & PRACTITIONER, NUMEROLOGY, REIKI, JIN SHIN JYUTSU Margaret Tow, **Burswood** (08) 9472-5353 04 0149 1300 divinelight20@hotmail.com

SOUND HEALING WORKSHOPS & COLOUR THERAPY Maxine Getley, **Rockingham**, (08) 9593 5762

REIKI TEACHER AND PRACTITIONER, MASSAGE & AROMATHERAPY Jana Jensen, **Riverton** 04 3131 6207 jjensen.dacc@iinet.net.au

COMPLEMENTARY COLOURS IN AURA-SOMA

In Aura-Soma readings, it's sometimes knowing the complementary colours well that can make all the difference in a bottle interpretation.

Often it seems you just can't nail the nub of the matter, although you feel really close, especially with the second bottle. One of the most useful tools we have with Aura-Soma is that the bottle can be shaken to reveal a third colour, ie Blue over Yellow becomes Green. So where Green is the shaken colour of that second bottle, then it might be that the real issues lie in Red, the complementary of Green.

The client may be un-grounded or absolutely exhausted but this may not be at all obvious. It may also reveal an early life, or several earlier lifetimes, of very real struggle to survive. Sometimes, when people have risen above their early circumstances, they may actually be ashamed of those very humble beginnings. So often when things are this deeply hidden, the difficulties lie in past anger and frustration that has never been cleared, or even sexual/physical abuse.

OTHER STATES COURSES & EVENTS

Please contact the facilitators direct for more details, or to book

SELMA ILIFFE & "MIRANDA" the Crystal Skull

SATURDAY 26th July 2008 7-10pm \$35

at Fig Tree Pocket, Brisbane.

The purpose of crystal skulls coming into our consciousness at this time is to assist in raising our vibration. Selma is providing this unique opportunity for you to receive some information about crystal skulls and to interact with "Miranda". Each person's experience with her is quite unique. Gordon & I are honoured to host this event and warmly welcome you to our home. As you will be in sacred space, shoes are left at the door, so please bring some warm socks or slippers for your feet. *Bookings are essential as numbers are genuinely limited due to seating space:*

Selma: 04 2751 7891

SHEELA-NA-GIG WORKSHOP

with Tess Elliot

In an informative & honest approach to our female bodies, psyche & spirit, re-discover this ancient Celtic Goddess of Transformation - open to Her Knowledge, Wisdom and Her all Powerful energies of Transformation. (Bookings required.)

DATE: Sat 26th July 2008 **TIMES:** 1pm - 5pm

VENUE: Womenspace, Kedron

COST: \$10 (WS Member \$8.00)

CONTACT: Tess 0417 141212 for more info

Email: artonsuede@pacific.net.au

AURA-SOMA LEVEL ONE FOUNDATION

with Linda at Fig Tree Pocket, *Last one for this year!*

Sat 23rd - Thurs 28th AUGUST 2008 (6 days)

9:30am - 5:30pm each day

\$650.00 Certified by Aura-Soma UK

Open to all. No pre-requisites needed.

Womens' Courses and Workshops with

ELIZABETH BRADFIELD-LOTSCHER

Fig Tree Pocket, Brisbane

Women's Body Wisdom * Mother Song *

Three faces of She

Enquiries: (07) 3379-1891

AURA-SOMA LEVEL 3 with Vicki Engeham on Magnetic Island, Qld

Dates: 5th – 10th September 2008 (arrive Thurs 4th)

Cost: \$990 (tuition, accommodation and meals inc.)

Re-Sits: \$700 (tuition accommodation and meals)

Venue: Magnetic Island, Qld.

Bookings: Tricia Sharkey 04 1983 4817

email tricia@rainbowwings.com.au

AT THE LYELL DEER FARM Mt Samson, Qld

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

THE TIPI TEACHINGS Weekend Program

1st August - 3rd August 2008

Please contact Maureen for details

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

THE GIFT - SHARING CIRCLES

for all women

Please bring a small offering of food to share after circle, a cushion and water bottle. Socks or a warm wrap if it is cold.

DATE: Thurs 17th July & Thurs 14th Aug 2008

TIMES: 6.30pm arrival for 7pm start.

VENUE: "Womenspace" 12-14 Homebush Road, Kedron

COST: \$5

CONTACT: Rose Ph: 0408 199 687 or 07 3357 7903

or email: roseweaver9@hotmail.com

JOURNEY OF THE SACRED FEMININE

with Tara

DATES: 26th & 27th July 2008

VENUE: Ocean Shores, Bryon Bay, NSW

COST: \$395 (inc materials)

CONTACT: Tara 02 6680 4592

wondrouscreation@bigpond.com

AURA-SOMA TEACHER TRAINING

Teachers Level 1 in Melbourne, Vic

Presented by Aileen Divine **August 2008**

Don't miss this chance to establish Aura-Soma Teachers courses within Australia. Even if you feel you are not quite ready, have a chat to Aileen to see what the course entails.

Dates: 20th - 25th August 2008 (6 days)

Venue: Quest on Doncaster, (Melb eastern suburbs)

Cost TBC. Re-sits available tuition free.

A minimum of 10 participants is required for this course to go ahead, Pre-requisites do apply.

Call Aileen ASAP to ensure you have all the pre-requisites required in good time.

03 9893 1029 or 04 1062 0972

amdivine@optusnet.com.au

AURA-SOMA BEAMER LIGHT PEN COURSE

LEVELS 1 & 2 with Shanto Dorcey

Tamborine Mountain, Qld.

Co-ordinator: Deb Husbands

LEVEL 1 Sat 27th Sept -Tues 30th Sept (inc)

(LEVEL 2 Wed 1st Oct - Sat 4th Oct (inc)

(NB: Aura-Soma Level 1 Foundation Course is a pre-requisite for Beamer Pen 2.

COST: \$850 for one course, \$1600 for both

VENUE: The MET Centre, 84 Eagle Hts Rd,

Eagle Heights. (Tamborine Mountain)

Bookings essential: Deb needs to know numbers *asap* please. **(07) 5545 1162 deb@hopeville.com**

WOMENSPACE - Kedron, Qld,

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.

PERSONAL TRANSFORMATION WEEKEND

Sat 9th & Sun 10th August 2008

\$250 (\$225 concession)

Please call for more details

Glenys McChesney-Clark, Coordinator 3357 7444

Womenspace, 12-14 Homebush Rd, Kedron 4031

www.womenspace.org.au

WESTCOAST WORKSHOPS & COURSES

Please contact the facilitators direct for more details or to book

EXPLORING YOUR FEMININE WARRIOR

with Patricia Morigan and Margaret Taylor

Sunday 27 July 2008 9.30am-5pm Subiaco Art Gallery.
\$110 inc GST (*discounts available*).

A workshop for women focussing on the path of the feminine warrior: a day to explore and discover the warrior within through movement, dance, visualisation, engaging the senses, story telling, illustration and music.

pmorigan@iinet.net.au or

Margaret@learningedges.com 04 007 003 48

DANCING RAINBOWS HARMONISING

WORKSHOP with Liz Jack & Shirley Tonkin

Sunday 27 July 2008 9.30am - 5.30pm, DENMARK, WA

These two fabulous women have combined to offer Aura-Soma® and Chakradance® experience in one workshop, where the healing vibrations of sound, colour, aroma, touch, movement and visualisation come together to balance and harmonise the whole of your being.

Venue: Sustainable Living Centre, Denmark, WA. **Cost \$80**

(*Early Bird Discount \$70.00 if paid in full by 11th July*)

Places are genuinely limited, so please book early.!)

Shirley on 0409 688 434 or Liz on 04 0910 9161

HONEYTIME WOMENS' RETREAT

with Shirley Tonkin & Deborah Devitt

15-18 August 2008 at Kendenup, Southwest WA.

Energy Art Therapy, **Chakradance**, Journaling, meditation, massage, pranic healing, colour therapy, spa sauna, organic vegetarian cuisine and much more. Rates vary.
www.lunaretreats.com Deborah **08 9848 3529**.

YOUR BIRTHDAY BOTTLES

with Paula Bradley & Tricia Rigo

Paula & Tricia are offering two separate opportunities for you to experience the insights that lie behind your birthdate using the Aura-Soma Equilibrium bottles, numerology and art.

Dates: **Sat 27th Sept and Sat 4th Oct**

Times: 9am - 4:30pm

Venue: "A Place To Just Be", Preston Point Rd

(*Fremantle end, next to the Catholic Church*)

Cost: \$88 (all materials included)

Bookings required as numbers are limited to 10

Tricia: 04 0964 8827 Paula: 04 0582 0827

A JOURNEY INTO THE RAINBOW GODDESS

with Tara (formerly Fleur Jeffries)

Applecross Scout Hall

DATES: 6th and 7th of September

COST: \$395

CONTACT: Tara **02 6680 4592**

wondrouscreation@bigpond.com

AURA-SOMA LEVEL 1 FOUNDATION COURSE

with Paula Milner

WHERE: Birdsong B&B, Dunsborough, WA

WHEN: Saturday October 18th to Thursday 23rd

CONTACT: Paula - 04 1792 3374

email: dpmilner@iinet.net.au

FULL MOON HEALING with Pia Forbes

Experience the power of the Full Moon in Capricorn; examine aspects of your being which are stuck or crystallised; discover how to be in this world but not of it, and connect to the Angel of Materiality and temptation.

DATE: Friday 18th July 2008 7 - 9pm

VENUE: 39 Drayton Green Way, Kingsley

COST: \$25 Bookings required

PH: 9472 4484 9309 2891

COSMOSIS™ WORKSHOPS

PERTH 27 July, 2-5pm, Subiaco

Contact: Liljana 9402 9645 / 04 1277 0280

SYDNEY 3 August, 2-5pm

Bondi Beach

Contact: Debbie 04 1845 6291

MELBOURNE 10 August, 2-5pm

Swinburne University

Contact: Kathryn 03 9793 5420 / 04 0093 6710

www.cosmosis.net.au

This is getting closer so book soon!

LIGHT BODY ACTIVATION with Soluntra King

SAT 6th & SUN 7th SEPT 2008

KOOKUBURRA CREEK YOGA CENTRE, BEDFORDALE, WA

SATURDAY 10am for 10.30am start to 6.30pm

SUNDAY 9.30am for 10am to 6pm

COST \$350 (includes both days, "Light Code Activations" book, notes and Mandalas.) **Deposit req: \$100 by August 15th** please **Early Bird Special if paid in full - \$335.**

Bookings: soluntra@evenstarcreations.com or

By **AUGUST 15th** please.

More info, on books, journeys, paintings, mandalas etc

www.evenstarcreations.com

ALSO

JOURNEYS WITH SOLUNTRA KING

Travel to Sacred Sites with Soluntra

Please check her website for much more detail than I have room for here.

1. CENTRAL AUSTRALIA - SEPTEMBER EQUINOX.

4pm SUNDAY 21st - TUESDAY 30th SEPTEMBER 2008

at Uluru, Kata Juta, Kings Canyon, Central Australia.

2. 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

Website: www.evenstarcreations.com

PO Box 11 Whakatane 3158, Bay of Plenty, New Zealand

PH/FAX +64 (0)7 315 8355 Mobile +64 (0)212 967 517

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(Emailed version is free or, VIEW AT MY WEBSITE:

WWW.COLOURRESONANCE.COM.AU

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!