

Our Colourful Times

Colour Resonance Newsletter

Issue 77

JUNE 2008

WEBSITE NEWS

I am SO pleased to tell you that the Colour Resonance website is up now and running!

www.colourresonance.com.au

Many, many thanks to my webmaster Bops Singh, who has been immensely patient with my comings and goings and has still managed to create a beautiful and colourful website for me. There will be more to come later on but just for now, I have no courses planned for the next month or so, but hope to run a Foundation Course in early August, prior to going to England.

NEWSLETTER NEWS

From this month, east and west coast editions will now be combined into one issue. Having separate editions was one of those things that "seemed like a good idea at the time" but which resulted in taking up far more time than I'd anticipated. Combining the Newsletters will be a huge time-saver for me, and more reflective of the fact that the information and notices sometimes cover people and events in states other than WA and Qld. I will always be happy to include notices for past students, friends and colleagues.

If you should suddenly stop receiving the Newsletter, please let me know. All sorts of little things happen in cyberspace that prevent emails or attachments getting through, especially if you update your computer or email software. Also, if you enjoy receiving the Newsletters, then please don't forget to let me know if you change your email address.

"This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart, is our temple; the philosophy is kindness." ~The Dalai Lama

"If you want a love message to be heard, it has got to be sent out. To keep a lamp burning, we have to keep putting oil in it." ~Mother Teresa

"I wish I could show you when you are lonely or in darkness, the astonishing light of your own being." ~ Hafiz

VICKI ENGEHAM'S CHAKRA MASSAGE BOOK

Vicki's book, will be in Australia very shortly! I was privileged to see the only copy that is currently in Australia, when Vicki was recently in Queensland. It's an absolutely *gorgeous* book and it really does complement the Chakra Massage Course perfectly. Once seen, you will probably want a copy, whether or not you've completed, or intend to complete, the Chakra Massage Course with Vicki. It's so full of wonderful illustrations and lots of info, that it's a must for anyone interested in how the Aura-Soma Equilibrium Bottles can bring us into balance and harmony.

Harry & Marg from Aura-Soma Australia will let us know as soon as the book is available here and how much it will cost. As soon as I know, I'll forward the info to you. (For those without email, please check with your local Aura-Soma teacher or practitioner.)

TOWARDS THE LIGHT

Since coming to Brisbane, I've been amazed at the number of other practitioners and lightworkers who have also moved here from WA. It really is uncanny. Another thing that has become apparent, is that the majority of workshops and services which are offered, are along the coastal strip. There's much, much less happening in the city and suburbs so it's rather ironic that the place which needs the most light, is receiving the least, despite this influx of Lightworkers.

There's absolutely nothing wrong with the subtle energies in and around Brisbane, but it feels like the City Deva went to sleep quite some time ago and has yet to re-awaken. The energy feels rather heavy and inert - as you would be after a very long sleep! The energy in The Valley, particularly, needs a little injection of Divine Light. In the physical realm, the city is becoming increasingly bogged down with traffic, and the roads are a reflection of the subtle energies - blocked and/or very sluggish. I have been working with assisting this energy for some time now and, no doubt, so have others, but it feels like its time to really put some "oomph!" into it.

So, no matter where in Australia you are, please send some clear thoughts to the centre of Brisbane, see it already as a place of radiant light. See the light flowing upwards from the Central Sun of the Inner Earth, and, from the realms "above" us, flowing down. See the Crystalline Grid ignited through all its vibrational layers, and the overlighting energy of the city as fully awake, pulsating with radiant light waves of Unconditional Love Energy. See the Lightworkers in and around Brisbane, known or unknown, linking together like diamonds on a crystalline necklace. See everyone in the city and suburbs as being bathed in this beautiful energy of Unconditional Love & Unity.

If you wish, extend the visualisation to the rest of Australia and the world.

COMPLEMENTARY COLOURS YELLOW & VIOLET

Complementary colours are those which sit opposite each other on the Colour Wheel. This month we look at how Yellow & Violet complement and/or oppose each other.

Both these colours reflect our thinking processes. Yellow, associated with the Solar Plexus Chakra, is about the logical and analytical part of our thinking, whilst Violet, associated with the Crown Chakra, is about our more nebulous thoughts of imagination and inspiration. Both Yellow and Violet can take us into realms of Higher Learning and Ascended Thought, or into the realms of anxiety and depression; into increasing Light, or an increasing lack of Light

Our Solar Plexus energy spirals in and out, whereas our Crown Chakra energy spirals up and down. When we become over-anxious and full of nervous energy, our Solar Plexus tightens, almost unbearably, as the radius of the Chakra gets smaller and smaller in relation to our increasing tension. We cannot digest food, or facts, and become very pessimistic. When this Chakra is in balance, we are able to reason soundly and are full of sunshine, laughter and optimism. The outward spiral is then able to open fully and its spin becomes radiant, flowing, and harmonious.

When our Crown Chakra is out of balance, depression can cause it to draw down only very negative thoughts, ideas and imaginings. The colour darkens, the Chakra tightens and slows, and we spiral down to a place of almost total darkness and immobility. When this Chakra is balanced, however, then we are able to spiral up into the higher realms, beyond mere thought, into a constant stream of energetic transmissions from Higher Self/Soul level; we have access to Divine Inspiration and the power of, not only transformation (becoming something far more refined than we were), but of transmutation, (becoming something completely different from what we once were.) At the Crown, the last Chakra that penetrates our physical body, we are one step closer to "The Veil", that energetic border between those parts of us in human form and those parts of us still in pure Spirit. Here, we begin to resonate at a finer and finer frequency - so full of Light, that we start to become transparent, almost invisible, especially to energies vibrating at lower frequencies..

When in balance, the logical Yellow personality is one of the sunniest to be around. Very optimistic, they will always see the glass half-full rather than half-empty. Yellow personalities just love facts, figures and proven data; they have a very logical and analytical mind which cuts through the dross of messy thinking with absolute clarity and precision. If life is less than orderly, however, they can quickly become uncomfortable and anxious. Of all the colours in the spectrum, yellow personalities find it hardest to live their lives in trust alone. Whether following a spiritual or material life, they like to know that everything is laid out to plan, thought through, organised, nice and tidy, tangible, proved. When things aren't in place, or can't be verified, anxiety can build up very quickly.

On the other hand, the Violet personality is far more inclined to live life in trust. They're not so concerned with solid facts, and rely much more on their intuitive feelings. They have an "inner knowing" which guides and guards them through everything and they trust this absolutely, without question. The balanced Violet personality is restful and serene. They have a natural, but gentle authority and are confident in the knowledge that they know nothing! Rather than strive for enlightenment, they understand that illumination radiates from their own cells.

Violet is not only about our untrammelled thought processes of inspiration and imagination, but also about delusion and illusion. If we are not in balance at the Crown Chakra, we can easily fall prey to beliefs and ideals that do not serve us. We may develop a persecution complex, join a sect whose leader thinks they're Jesus, or think we're having conversations with aliens or higher beings. Of course, all these things are possible, but when we are suffering from imbalance, they are not real. It is only when the Crown Chakra is completely balanced that we are truly able to connect to the finer realms. Violet helps to balance the Crown so that we know what is real, and what is imagined.

There is an inherent tendency in Yellow personalities to worry, often arising from a deep lack of self-esteem and learned behaviour, especially if self-confidence has been damaged in childhood. Throughout life, we may become more and more anxious about disapproval and will work harder and harder to try and "get it right". We become a "neat freak" where anything out of place is cause for not only unease, but sometimes, panic. Controlling our environment makes us feel safe. We always feel safer at home and it becomes our sanctuary. (The "Safety House" sign is Yellow; going home spiritually is Violet.)

When we are very frightened, especially suddenly, we may lose control of our bladder (Yellow.) The way we control it is to tighten up, so we don't let go until we feel safe. An extreme need to feel safe (Yellow) is often displayed as OCD (Obsessive Compulsive Disorder,) which is often associated with repetitive ritualistic actions (Violet). In an increasing number of cases, it may also develop into Compulsive Hoarding Syndrome, where nothing is ever discarded and the person, their family and their pets, live in increasing disorder and squalor. This often reveals a deep, deep fear around the issue of letting go. Confusion is also present as the subject really doesn't want to live this way, but the enormity of cleaning up the mess is just so overwhelming, that they have absolutely no idea where to begin.

Both Yellow and Violet can pull us into the "what ifs?"; Yellow through fear and anxiety, Violet by an over-active imagination. In either case, the "what ifs" can be disastrous. We can "what if" ourselves into a high state of anxiety and/or deep depression. Where Yellow "what ifs" cause us to tighten our Solar Plexus more and more as we spiral inwards, the Violet "what ifs" can spiral us down into depression and, in extreme cases, even paranoia and delusion. Here we can't tell the difference between fantasy and reality. Fantasy is great when we're creating wonderful stories for publication, but not so great if we begin to imagine stuff in our lives that is simply not happening. Then, the "what ifs" can be devastating.

There are many ways in which these two colours can be used to bring us back into balance, so that we can think clearly without fear or confusion causing a state of unreality. Professional help is often necessary where states of hyper-anxiety or paranoid delusions are present, but that said, colour is still a valuable assistant for balancing our more subtle selves. The Chakras & Subtle Body system respond most quickly to all forms of vibrational healing, but especially when colour and sound are used. Whether under or over active, applying colour to the Chakras, "reminds" them of their correct frequency and quickly brings them back into balance.

We can also help ourselves, by simply trying to stay present to "**what is**", rather than continually wondering "what if?" All the sages through all the ages urge us to stay in the "now", to be as fully present in each and every nano-second of our existence as we can possibly be. If we can achieve this state, then we cease to worry about may or may not happen, and can stay far more relaxed, joyful and connected to the blessings around us. Use Yellow & Violet to help you achieve this balance.

And so it is.

COMPLEMENTARY AURA-SOMA® BOTTLES

There is only one Aura-Soma bottle with the complementary colours that we are looking at this month. B18 Yellow over Violet, *Egyptian Bottle 1 "The Turning Tide"* Shakes together as Deep Gold. It relates to "*The Moon*" Tarot card.

This is a bottle which is often chosen by those who rely more upon their intellect (Yellow), than upon their intuition (Violet). This is not to say that they have no spiritual awareness or higher guidance, but rather that they will always check in with the intellect to see if what they "feel" has a logical base. It's rather difficult for them, especially in the early days of a burgeoning spiritual awareness, to simply accept what they feel or intuit. "Why?" is their byword, and they keep asking until they are satisfied. This is no bad thing, but can cause some frustration and, more particularly, anxiety, when a suitable answer is not forthcoming.

Using this bottle, allows the Yellow in the top fraction to balance the Solar Plexus Chakra, and the Violet in the lower fraction to balance the Crown. Yellow is the closest colour we have to white light and holds the aspect of enlightenment. Violet balances the Crown Chakra which soothes our thinking and allows softer and lighter thoughts to enter the mind. This bottle can often be a light upon the path for those who are feeling a little lost and confused.

The name of this bottle marks our transition from the Piscean to the Aquarian Age. We are in the "turning tide" of these two energies. In a beautiful demonstration of balance, we see that although the starsign Pisces is almost always depicted with a female figure, the era of Pisces was, in fact, solidly controlled by male energy. In the sign of Aquarius, usually depicted with a male figure, we are entering into a time where the Sacred Feminine has already begun to rise.

We are also moving into an age of increasing information and clarity, where secrecy is flying out the door, and sacred is now the province of all. Once, only priests and priestesses were privy to the sacred texts and rituals, but all that is changing beyond recognition. We are finally in an Age where men and women are becoming equal on many, many fronts, where we speak to Spirit directly, and where we are each discovering the sacred texts encoded within our own cells.

In B18, the Deep Gold of the shaken bottle represents the ancient wisdom that lies in those cells. We have all we need. If we can clear our minds of an obsessive need to know facts, and trust in our Higher Self to guide and protect us, then we are able to access the codings so lovingly placed within us. We cannot do this when we are tense with fear and worry, or when we are deluded by our own thinking.

The connection to The Moon tarot also shows that things once hidden are eventually revealed - in the same way that the Full Moon reflects the sun's light upon the Earth, so that we can see, even in darkness. The Moon also has a gravitational pull upon the tides of Earth and all water-based life forms. Before electric light, womens' menstrual cycles corresponded to the cycles of the Moon and was referred to as their "Moon Time". As we know, both men and women can suffer emotional mood swings in conjunction with the Moon's cycles. Both card and bottle may represent a pivotal moment in our life.

B18 shows us that we can only progress physically, intellectually, emotionally and spiritually when we are in a state of balance and clarity, and open to transformation.

QUESTION FROM MARGIE HANNE-SYME

Margie would like to hear as many views as possible about the qualities of **silver and bronze**. If you have an intuitive insight or opinion about these two colours, please contact Margie on margiehannsyme@internode.on.net
PH: 08 8339 4606 mhannsyme@optusnet.com.au
or visit www.margiesmandalas.com

FROM THE WEBSITE OF MELANIE CALITRI HOLDEN

We should pray and ask Allah by His name, As-Sabur, for this quality and ask to be steadfast, slow to anger, quick to forgive. Seek refuge in 'As-Sabur' from anger, hostilities, criticism and jealousy, both toward and from others."

~ Shiek Yusuf Estes

AN EXPERIENCE WITH AURA-SOMA

This story comes from Cherri Antonioli, an Aura-Soma student who also practices Aromatherapy and Reiki. Cherri works in a health food store in one of the Perth suburbs and recently sent me this very touching story.

"I have a nice story to pass onto you about a lovely customer of mine. She came in a few weeks back asking what I could advise to help her feel more at peace and present within herself as she recently had had a heart attack after an operation. I said I'd have to ponder on it. As soon as she left I thought the Etheric Rescue would be perfect!! As I had Pallas Athena with me I passed it onto her when she ducked back through. I showed her how to apply it and left it with her for the week. she loved it and commented on how she felt lots of butterflies around her. I had brought Saint Germain with me that following week and suggested she try the essence for the next week.

Just today she came back in with a twinkle in her eye, (and wearing violet colours too.) She remarked how she has always felt a feminine presence around her but while using Saint Germain (and doing her tai chi moves,) she said she felt a masculine presence with 'comforting arms' wrapping around her from behind with a 'feeling' of a head on her shoulders. At that moment, she said, she gave herself a big hug. It truly illuminated her. She also remarked how she went through her wardrobe and threw out her black clothes, which amazed me as we had not discussed colour at all."

Many thanks to Cherri for sending in this story.

THE REIKI PAGE

THE REIKI PRECEPTS

Here's a question (or three) for all Reiki Practitioners and Teachers. Do you say the Reiki precepts every day? Do you even look at them? Are they ever in your thoughts? These are important questions to consider when you hold yourself as a Reiki practitioner or teacher, as the five Precepts are an important part of Reiki practice.

The most well known translation is from Madam Takata

Just for today, Do not anger

Just for today, Do not worry

Be humble

Be honest in your work

Be kind to everyone.

A fairly literal translation from Sensei's Memorial Stone

First we say, today don't get angry.

Secondly we say, don't worry.

Third we say, be thankful.

Fourth we say, endeavour your work.

Fifth we say, be kind to people.

There are in fact, more translations of the Precepts that we can poke a stick at, but the sentiments are always the same and, most importantly they are a marvellous guide for living, every day, whether you are a Reiki practitioner or not.

In order to understand the Precepts more fully, try meditating on them, one line per day, over five days. Each day, ask yourself three questions. Let your mind gently rest upon each one and just see what arises. If you wander off track simply bring your attention back to the question.

1. "What does this question mean to me?"
2. "Am I abiding by this Precept?"
3. "How will doing so improve my life?"

Keep a journal for each of the meditations and on the 6th day, read over it. You can do this practice as often as you wish. You may be amazed at the different answers in your journal! It's also a good idea to print off the precepts, or use your favourite craft to display them. Hang them somewhere you'll see them every day. Then at least they will be in your mind, and you can even do the meditation whilst you go for a walk, are at the gym, doing the housework or gardening. Be sure to incorporate them and make both task and question one thing, so that you can stay as present as possible to what you are thinking and doing .

REIKI TERMS AND PRACTICES

For those of you who would like to connect much more with the traditional Japanese way of doing and saying things, here's a just a few Japanese terms you might like to use.

SHODEN – Reiki I

OKUDEN – Reiki II

SHINPIDEN – Reiki III

BYOSEN REIKAN-HO – Sensing imbalances through the hands

CHIRYO – treatment

GOKAI – the Five Precepts

GASSHÔ– hands in prayer position in front of chest

HARA – belly

HATSUREI-HO – Cleansing Breath

HO – Method

JUMON and **SHIRUSHI** – Mantras and Symbols

KANJI – Japanese form of Chinese lettering

REIJI – Allowing energy to guide you

(Rei – spiritual energy, Ji – allowance)

REIJU – Spiritual Gift/Blessing

REIKI – Sacred/Spiritual Life/Force Energy

(Rei) Sacred (Ki) Energy

REIKI RYOHO HIKKEI – Reiki Manual

SHIKI – ceremony/method

SEIZA – sitting on bent knees

USUI REIKI RYOHO GAKKAI – Japanese School of Reiki

USUI SHIKI RYOHO – Usui style of healing

WAKA – poems (Wa – Japanese, Ka – poetry)

If you wish to bring just of touch of Japanese energy into your Reiki practice area, then there are one or two things that may help.

First and foremost, keep the space you use for treatments, immaculately clean and tidy and very simple. Just a single flower, just one wall hanging with inspirational text, a framed portrait of Usui-San is very appropriate, and all surfaces should be kept very clear. You may like to cover the floor with tatami matting and ask visitors to remove shoes at the front door. As ever, ensure your healing space is warm in winter, cool in summer, that it has delicate, delicious smells and gentle, tinkling music.

Even if you just bring in one or two of the above suggestions, it will bring in a little Japanese flavour to your sacred space, and it's a nice way to honour the origins of the healing method we use.

Ma-ta-ne. (See you later!)

QLD & ALL STATES COURSES & EVENTS

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

ELIZABETH BRADFIELD-LOTSCHER

at Fig Tree Pocket, QLD.

Bookings: (07) 3379-1891

Women's Body Wisdom

Begins 18th June - 23rd July, Wednesday nights
(7.00pm – 10pm)

Mother Song

Thursday 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 (May)
- Succulence and Sensuality Fri 27th and Sun 29th June
- Love and Compassion Friday 18th and Sunday 20th July

AT THE LYELL DEER FARM Mt Samson, Qld

Some very special events are taking place at the Deer Farm during June and August

Native American Elders James & Anne "Three Bears" are visiting the Deer Farm in June and will be present at the following events.

THURSDAY 19TH JUNE Full Moon Drumming

7.30PM – 9.30PM. \$10.00.

FRI 20TH JUNE Mother Drum and Eagle Staff Consecration Ceremony 7.3pm \$30.00

SATURDAY 21ST JUNE WINTER SOLSTICE Smudging Ceremony for Medicine Wheel (*please arrive by 8.45am for 9am prompt start*), followed by morning tea.

Dream Weaver Medicine Drum Workshop commences at 10am (*This workshop is now Full*)

SATURDAY 21ST JUNE THUNDER PIPE HEALING CEREMONY 7.30pm \$30.00

STOP PRESS! As the Saturday Medicine Drum Workshop is full, there will be a repeat workshop on

SUNDAY morning 22ND June Cost \$225.00 \$50 deposit. Book now, don't miss out. All materials/morning tea/lunch supplied.

SUNDAY 22ND JUNE Sacred Medicine Rattle Workshop 1pm - 3pm Cost \$60.00 Still a few places left.

Bookings for all events is *essential!*

Contact Maureen or Des for more details.

Weekend Camping Fees and all Meals \$95.00

Regular Happenings

Full Moon Drumming, New Moon Womens' Circle, Medicine Drum Workshops, Peace Fire, Sweatlodges, 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

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

AURA-SOMA LEVEL ONE

with Linda at Fig Tree Pocket, Qld

Sat 9th - Thurs 14th AUGUST 2008 (6 days)

9:30am - 5:30pm each day

\$650.00 Open to all. No pre-requisites.

AURA-SOMA BEAMER LIGHT PEN COURSE

LEVELS 1 & 2 with Shanto Dorcey

Tamborine Mountain, Qld.

Co-ordinator: Deb Husbands

Instead of 6 days each, these 2 courses have been condensed into 4, but please be aware that the days will be much longer than usual to ensure you receive the full 36hrs required.

LEVEL 1 Sat 27th Sept -Tues 30th Sept

(arr Fri eve. Level 1 only - depart Wed morning or stay on for Level 2.)

LEVEL 2 Wed 1stOct - Sat 4th October.

(Arr Tues eve if only taking L2. All depart Sunday 5th) Please note the 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)

Contact Deb for an Enrolment Form and more details. Bookings are essential and Deb needs to know numbers asap, so please call straight away if you would like to attend.

(07) 5545 1162 deb@hopeville.com

AURA-SOMA TEACHER TRAINING

Teachers Level 1 in Melbourne, Vic

Presented by Aileen Divine **August 2008**

This is a wonderful opportunity for experienced practitioners to enter the world of teaching others about Aura-Soma. 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, (Melbourne eastern suburbs.)

Cost TBC. Re-sits available tuition free.

A minimum of 10 participants is required for this course to go ahead, so please ring to book your place now. *Pre-requisites do apply.* Call Aileen ASAP to ensure you have all the pre-requisites required.

03 9893 1029 or 04 1062 0972

amdivine@optusnet.com.au

also from Aileen

STUNNING, HAND-PAINTED rich quality silk-satin pillowcases. Pastel or mid tone rainbows or any colour combination that you choose. Special introductory offer til 30th June - **\$40** each plus post (\$50.00 from 1st July)

Aileen: 03 9893 1029/0410 620 972

WESTCOAST WORKSHOPS & COURSES

Please contact the facilitators direct for more details or to book

TWO WORKSHOPS with Paula Bradley & Tricia Rigo YOUR BIRTHDAY BOTTLES \$88.

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

Dates : **Saturday 7th June** OR **Saturday 14th June.**

Time 10am-4.30pm Venue: A Place To Just Be.

Tricia 04 0964-8827 Paula 04 0582 0827

ALSO WITH PAULA BRADLEY - ONGOING

Silk painting for previous students

Venue: Kwinana. WA

Date: Wednesday mornings

Time: 10:00 – 1:00

Price: \$30 per day – supply own materials
or \$12 per metre of silk.

CLAIRE BELTON is offering the following classes and courses.

FREE TALK - Tues 10th JUNE 7pm

on health and healing and the mind/body connection

Global Peace Meditation - 1st Tues of each month Meditation for Busy People

Yoga Classes

Breathe Easy Workshop - Sun 8th June

Keys to Happiness - w/e workshop 27 & 29 June

Please call Claire for more details

04 0890 9779 08 93142231 clairebelton@bigpond.com

EXPLORING YOUR FEMININE WARRIOR

with Patricia Murrigan and Margaret Taylor

Sunday July 27 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.

pmurrigan@iinet.net.au or

Margaret@learningedges.com 04 007 003 48

DANCING RAINBOWS HARMONISING

WORKSHOP with Liz Jack & Shirley Tonkin

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. Early bird before 30 June,
www.lunaretreats.com Deborah 08 9848 3529.

FULL MOON HEALING each month, with Pia
at Kingsley, \$25 (call Pia for next date)
Ph: 9309 2891

LIGHT BODY ACTIVATION with Soluntra King SAT 6TH & SUN SEPT 2008 IN PERTH

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
Tricia 08 9354 7363 (Perth). 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 SEPTEMBER - TUESDAY 30th SEPTEMBER

at **Uluru, Kata Juta, 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

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

"THE KRONICLE"

Subscribe to the official Aura-Soma Australia magazine, for all the latest news in Aura-Soma. Australia-wide notification of training courses in all states, contributions by teachers and practitioners, and lots of articles and information on Aura-Soma, including new products and changes. (*The Kronicle has much, much more about Aura-Soma than I could possibly include in this Newsletter, and is really a must for all practitioners.*)

Jenette Youngman (03) 9893 1029

jenette@optushome.com.au

SWAROVSKI CRYSTAL BRACELETS

from A COLOURED UNIVERSE

Buy bracelets and earrings to match the colours of the Masters and Archangel Sets of Aura-Soma bottles.

\$35 each plus postage.

Aileen or Jenette (03) 9893 1029

or buy on-line at www.coloureduniverse.com.au

