

Our Colourful Times

COLOUR RESONANCE NEWSLETTER

WA ISSUE 62

FEBRUARY 2007

LETTER FROM LINDA

As I write this February letter, the sun is shining brightly despite dark clouds gathering in the distance. The lack of humidity tells us, "no rain today".

Lately, there has been much talk of climate damage and possible solutions in all the media. with, as ever, conflicting "facts" being touted by all sides. It's such a shame that so many of us get caught up in the fear trap, because our fears absolutely will not help the Earth any way whatsoever. It seems so appropriate, therefore, that Yellow is the featured colour this month. One of the negatives of Yellow is fear and, conversely, it's also the main colour to help dispel it. When we go into fear and anxiety, our Solar Plexus Chakra is way out of balance. Too tightly wound, if you like. By applying Yellow light, silks, crystals, an Aura-Soma Equilibrium bottle or a pomander, we remind the Solar Plexus of it's correct vibration and, as it begins to come back into balance, we begin to relax and let go of our fears.

I'm being confronted by one of my own fears since coming to this house. Spiders! (I got over vampires by watching Buffy!) Brisbane doesn't just have spiders, it has massive spiders. I'm currently still in negotiations with the Spider Deva, but to date, we haven't quite reached a satisfactory agreement. I'm trying to love and accept the spiders, but "embrace" is a whole other concept! That's a lifetime more meditation!

On another note, I've been trying to get some vertical blinds installed downstairs, but can I get any in Magenta? No, I can't. None of the companies I rang, or had come to the house to give a quote, even knew what Magenta was. I can have my choice of 96 shades of cream, beige or grey though. Heavy Sigh. I can see some innovation will be required here. Wish me luck!

There's been a change of plan for my visit in May, and I shall now only be offering Aura-Soma events. I plan to return in September to offer all levels of Reiki. Ahead of my visit you lucky people in Perth have several other beloved friends, coming over to run workshops. Not only that, but there's finally a new venue for hire. Read on for more info on all of these things!

Om Shanti, Shanti, Shanti. Linda xxx

COURSES with Rahasya & Nura

Satsang 16, 17 and 18 Feb 2007 7 pm, \$15

Deeksha Intensive

19 – 23 Feb 2007 10am – 5.30pm \$695
(\$650 for bookings before 20 Jan)

Deeksha Sunday

25 Feb 2007 10am – 5.30pm \$130

**Enquiries and Bookings: Sudeva and Subhi
(08) 9314 1054 or 04 1288 0501**

VICKI ENGEHAM - PERTH 2007

CHAKRA MASSAGE COURSE \$300

Sat 24th, Sun 25th & Mon 26th March 2007

SHARING AURA-SOMA Wed 28th 7-9pm, free

SHIATSU & COLOUR COURSE \$300

Fri 30th, Sat 31st March and Sun 1st April 2007

Contact: Tricia Rigo 9354 7363 rligo@yahoo.com.au

DON'T FORGET TO FLIP IT!

In Australia, whenever we're in sacred ceremony which has its roots in a northern hemisphere tradition, it's very important that we remember to "flip the wheel." Here in the southern hemisphere, our centrifugal force follows a counter-clockwise direction, and our sun travels across the northern sky. So in order to honour the geomantic energies that govern this country, we should use its natural energy flow in all sacred ceremonies and rituals. This includes Feng Shui, Medicine Wheels and Celtic Wheels. If we can all be more conscious of the energies of this land, we have a greater opportunity to bond with the Earth in all her aspects. The correct placement for southern hemisphere wheels is: North= Summer, East= Autumn, South=Winter and East=Spring.

NEW PERTH VENUE!

The Vivacious Living Centre for Mind Body & Soul 9/9 Risely Square Risely St, Applecross is a unique gift shop, with workshop areas and session rooms available for hire upstairs. **Monthly get togethers** will be held on the **FIRST WEDNESDAY** of each month (6:45pm for a **7pm start**). The first one is on **7th March** with guest speaker **Christina Ritchie on Luxor Light** and a meditation to follow. Everyone is welcome to stay afterwards and enjoy a chat over a light supper. (Please bring your cards and flyers.) Entrance: \$10
*Monthly Get Togethers - Tricia Rigo 9354 7363
All other enquiries - Yvonne 9315 1511*

WA PRACTITIONERS' CORNER

These mini-ads change all the time!

AURA-SOMA COLOUR, REIKI, LUXOR LIGHT, COLOUR HEALING, WORKSHOP FACILITATOR

Tricia Rigo Rossmoyne & Applecross
(08) 9354 7363

AURA-SOMA, REIKI MASTER, MAGNETIC HEALING, VIBRATIONAL ESSENCES

Gloria Griffiths "Compassionate Colour" Craigie,
(08) 9307 2946

AURA-SOMA COLOUR, EARTH HEALING, GROUPS

Merlinda Reed "Angels of Colour & Light" Bakers Hill (08) 9574-0926 (04) 0079-5456

CHAKRA DANCE WORKSHOPS, COLOUR THERAPY HEALINGS, AURA-SOMA COLOUR, REIKI

Shirley Tonkin, Narrogin, (08) 9881 6027, 04 0968 8434

MASSAGE, HEALINGS, ART, AURA-SOMA COLOUR, REIKI, COLOUR THERAPY

Paula Kay McBean, Heathridge 04 1129 0024

ART/SILK PAINTING COMMISSIONS/CLASSES, AURA-SOMA COLOUR, COLOUR THERAPY

Paula Frances Bradley, Bayswater 04 0582 0827

AURA-SOMA COLOUR, REIKI, CREATIVE SCARVES & SHAWLS

Clare Sanfead, Reiki Reflections, Ballajura, 9249-9423

REIKI

Tara Mazzuchelli, High Wycombe, 9454 6934

AURA-SOMA TEACHER & PRACTITIONER, NUMEROLOGY, REIKI, JIN SHIN JYUTSU

Margaret Tow, Burswood 9472 5353

BOWEN THERAPY, AURA-SOMA, WA BUSH FLOWER ESSENCES, YOUNG LIVING OILS

REIKI TEACHERS, Tim & Felicia Sandover, Gosnells, 9398 4489

COLOUR HEALINGS, REFLEXOLOGY, REIKI & WORKSHOPS

Jo-Anne Kinnear, "Sunwalker Healing", Mt Hawthorn. 9201 1826 04 19931848

COLOUR THERAPY & SOUND HEALING WORKSHOPS

Maxine Getley, Rockingham, 9593 5762

REIKI, REFLEXOLOGY, BEAUTY THERAPY, HOT STONE, REMEDIAL OR RELAXATION

MASSAGES, Sheree Regan, Kenwick, 04 0523 4602

REIKI ATTUNEMENTS - All levels

with Linda

I will be now coming to Perth in September to offer all Levels of Reiki, including a Level III, full teacher training intensive over 5-6 days. More details soon!

PERTH COURSES with Linda MAY 2007

Things have already changed since the last Newsletter and instead of doing both Aura-Soma and Reiki course in May, I've been guided to split them up and do the Reiki courses a bit later in the year. So, here's the revised schedule for May.

GET TOGETHER EVENING - I'll be guest speaker at the new Vivacious Living Centre in Applecross, and all are welcome to come along. There's a small fee to cover costs, but it's so great to have this much needed venue in Perth, that I hope you'll join with me in supporting Yvonne and Tricia to really get this centre going.

Wed 2nd May 6:45 for 7:00pm start

"Aura-Soma Pamper Night" Hand massage and Auric balancing

Venue: Vivacious Living Centre, Applecross

AURA-SOMA INTRO DAY - Tues 8th May

10am - 4pm - "What Your Birthday Bottles Reveal about You!" \$30 All welcome, no previous experience needed.

AURA-SOMA STUDENTS & PRACTITIONERS ONLY

Thurs 10th May 10am - 4pm. Have fun with The Matrix Free of charge. Bring your Aura-Soma Tarot Cards if you have them. The Matrix is an increasingly important part of the Aura-Soma system and the more we play, the more insights we find.

AURA-SOMA LEVEL I FOUNDATION COURSE

Sunday 13th - Friday 18th May (6 full days) \$600 All about the basics. How the Aura-Soma bottles were born; the story of their creator, Vicky Wall; the Pomanders, Quintessences, Colour Essences and Archangelo Sprays. Plus, easy to remember keywords for all the colours, also complementary, shaken and hidden colours and, how to give a simple bottle reading for family & friends. Each day begins with Protection, Dedication & Meditation - the cornerstones of all Aura-Soma workshops and gatherings.

VENUE FOR ALL WORKSHOPS - Willetton

Please call, text or email me for a flyer.

(07) 3878 5953 04 1331 1208

colour resonance@optusnet.com.au

THE PRIMARIES - YELLOW

Yellow is the second Primary Colour that we're going to look at in this series. A Primary colour is one that cannot be made from combining any other colours. It stands alone, whole and complete.

The three Primary colours of Yellow, Blue and Red are the building blocks of all the other pigmented colours. It's so appropriate that Yellow is among the first of the colours as it represents the spark of life: that explosion of energy which occurs at conception when the sperm enters the egg. Something more than physical happens in that moment. This beautiful Yellow flash is what alerts the waiting Soul that its chosen parents have provided the vehicle for its next Earthy experience.

Yellow has other forms of explosive light, such as lightning, bright sunlight and that intense "Aha!" moment of our intellect. Yellow is all about our intellect and its natural inclination towards facts, figures and logic. Quick thinking, problem solving and data analysis, are all qualities of Yellow. It's the colour of sharp wit, clever repartee and political satire. It reflects joy and happiness in such songs as "You are the Sunshine of my Life", "You are my Sunshine, my only Sunshine", "Yellow Submarine" and "Mellow Yellow" and, let's not forget the Ren & Stimpy song "Happy, Happy, Joy, Joy!" - definitely very Yellow!

This colour is the absolute antidote to depression, not only because it's about humour, but because it is the closest colour to Light. It has the ability to bring light where, seemingly, there is none. The smallest match struck in total darkness, immediately brings a warm yellow light to dispel the gloom. It's just impossible to be depressed and negative where Yellow exists. One of the great aids for those with depression is to get them outdoors, literally, into the light. Even better to do so early to mid-morning when the sun is at its most positive.

If the days are cloudy, then there are many ways to bring in Yellow; especially with fresh beautifully scented flowers like roses or freesias, which lift up our spirits on many levels. If you know you're prone to depression, don't get sucked into wearing or decorating with boring neutrals like cream, beige or grey, and especially not black. If you already have these neutrals in your wardrobe, add a colourful Yellow scarf. In the home, bring in some low cost vibrancy with Yellow cushions, window treatments, throws, picture frames, vases, rugs and so on. Otherwise, you'll be depressed even further.

Yellow helps us to think in an orderly way. It's the colour of mathematics, data analysis, graphs, pie charts, computer programmes and time and motion studies. Practical thought, expressed in practical ways. (Reds are practical "doers", Yellows are practical thinkers.)

Those born under the sign of Virgo are the most Yellow of all the Sun Signs, (despite their governing planet, Mercury often being aligned to blue.) Their attention to detail is legendary, and it's what makes them so good at whatever job they do, because they will do it extremely well. No stone is left unturned in the quest for excellence! Only another Virgo will really understand why pencils must be point-up, and biros point-down!

One of the negatives of Yellow is the aspect of fear. Fears become manifest when we don't really understand something, or have been misinformed. Correct information is essential for a clear mind. A balanced personality will naturally research facts that are presented to them. When we are *imbalanced*, however, then we are susceptible to fear-based propaganda, and any fact-checking becomes overly obsessive.

When the Sun Chakra is out of balance, people are uptight, nervous, controlling and will always find something to worry about. They will ask innumerable questions but never really listen to the answers because they are already waiting to ask the next question. They are always thinking (worrying) several steps ahead, playing the "what if" game. Anxiety can reach health-damaging proportions. Many of the fears we see in this type of behaviour stem from control issues. Someone with a nervous disposition will often suffer from anxiety related conditions which affect the skin, such as eczema, dermatitis and psoriasis. Not surprisingly, exposure to gentle sunlight is one of the best aides for these conditions.

An obsessive need for control, shows that our ego, the Little Will, is running the show. This is bound cause difficulties on our spiritual path because to shift consciousness, we need to totally surrender to Higher Will. Our ego was given to us as a valuable tool to provide us with the drive and ambition to continue this Earthly life, despite any and all challenges. It was never meant to control every waking aspect of our own (or another's) life! The most valuable lesson for Yellow personalities, and anyone with a wonky Solar Plexus Chakra, is to let sound knowledge free them from the prison of the ego, to "Let go, and Let God" Then they can find the lighter side of life with all its joy, happiness and laughter.

AURA-SOMA YELLOW BOTTLES

There are many Aura-Soma bottles which contain Yellow, but two we'll quickly look at here are B42 **Harvest (Yellow over Yellow,)** and B51 Kuthumi (**Pale Yellow over Pale Yellow**).

B42 - "Spontaneity combined with Joy." If you have chosen this Bottle to work with it may help you to absorb information more easily, and to retain what you have learned. The B42 Bottle is about what we may grow from the seeds planted within us. Just like an abundant crop of golden yellow wheat, fully ripened and ready to bring sustenance to others, the ability to learn and to pass on that learning clearly and accurately, is another kind of Harvest. The harvest of the intellect. The affirmation of this Bottle is *"From my outer learning, I create inner learning."*

B51 - "The intellect in search of wisdom." This Bottle is one of The Master Set and is named after the Ascended Master Kuthumi. There is an important link here, through Kuthumi, to the role humanity plays in reconnecting the Devas and Angels. For anyone doing Earth energy work, especially in the beginning, using this Bottle to connect to the Kuthumi vibration can greatly assist our intuitive knowledge and understanding of the Devic/Angelic alliance. The affirmation of this Bottle is *"I am standing at the gate and know that joy is just behind it."*

The Yellow Pomander will support either of the above bottles, and can also be used on its own as an everyday tool to strengthen the Etheric Body. It activates and sharpens our memory, helping with study of all kinds. It steadies the nerves and keeps us clear headed, and lifts our spirits like no other colour. Don't be surprised if it brings on a fit of the giggles!

The Kuthumi Quintessence is a truly beautiful way to bring in the energy of this Ascended Master. It assists us in grounding the Divine Knowledge we receive from the Angelic Realms, facilitating our work with Gaia and the Nature Devas. This is an important aspect of our Earthly existence; not to escape our physicality, but to utilise it for the benefit of The Whole. We can only do this beloved work in a physical body. Kuthumi shows us how.

The Yellow Colour Essence. Mother Nature cannot thrive without sunlight. The Yellow Colour Essences helps to bring more light and warm to the inner and outer parts of the planet where it is still dark. The Yellow Essence assists us to stop putting our own fears into the Earth, and begin working instead, from a standpoint of clarity and bright knowledge to bring ever-increasing harmony to the Earth and to ourselves.

Yellow releases us from fear and confusion, bringing great joy and happiness through clarity of thought, and a love of learning in all things; order without ego. It's the sunshine that opens the flower of our heart with gentle warmth, in order that we can more effectively absorb the knowledge received from our Higher Self Guidance.

AN AURA-SOMA QUICKIE BRINGS RESULTS!

(for Aura-Soma practitioners.)

A friend recently popped in for a brief visit but I couldn't resist getting her to pick 4 Bottles for the quickest Bottle reading ever! Next day, she rang to say, not only how much she had got out of the reading, but that she was now full of ideas and enthusiasm for working with her creativity again. So, don't ever think you've never done enough, or said enough in a reading. Let the Bottles do their work; they never fail!

COLOURS OF VISION (SIGHT)

The way in which we see colour is amazing. Light and colour are interpreted by the brain, but to get there, lightwaves must journey through the physical and neural pathways of the eye. In a journey of nanoseconds, light first passes through the veil of tears which lies over the front of the cornea, then through the cornea itself and the *aqueous humour* on the other side, through the iris, into the pupil, the lens at the centre of the eye, through a jellylike substance called *"the vitreous"* and, finally, it lands on the retina the very back of the eye

The retina has many highly light-sensitive nerve endings called *photoreceptor* which collect light. The middle of the retina is called the *macula* and at the very centre of the macula is the tiny *fovea* which has more photoreceptors than any other part of the retina. The photoreceptors are made up of rods and cones which convert the light into electro-chemical signals. The rods are extremely sensitive to the smallest amount of light, and are essential to our seeing anything at all, but it's the cones which help us to see and determine colours. They first sense the three primaries of VISION - red, green and blue, then work together to provide not only the basic hue of each colour, but thousands upon thousands of shades and tints of those colours. Beneath these photoreceptors is dark tissue called *retinal pigment epithelium (RPE)* which helps to refine the signal. The converted light signal travels via nerve fibres to the optic nerve at the back of the eye, and this then carries the signal to the brain. It's only after the brain receives and interprets the signal, that we actually "know" that we are seeing colours and images.

*I hope you've enjoyed reading this issue of
"Our Colourful Times"*

Rainbow Blessings, Linda XXXX

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