

Our Colourful Times

COLOUR RESONANCE NEWSLETTER

WA ISSUE 67

JULY 2007

LETTER FROM LINDA

I had barely returned from Perth when Gordon and I flew up to Darwin to visit our youngest son, Luke and his partner Jenny. It was my very first visit, but Gordon had been living in Darwin 1974 when Cyclone Tracey struck— quite an adventure for a newly arrived Pom! On this visit, though, he didn't recognise anything at all as Darwin has changed so much.

For this little visit, I flew up ahead of Gordon, who came up after work on Friday. With only a few days there, we managed to do and see quite a bit. I just loved the beach night-markets at Mindel. I don't think I've ever seen such a multi-cultural food-fest as the avenue of stalls there. I could have spent heaps on other things too as there were so many original and juicy things to buy. We also attended equestrian events, went sunset sailing, ate heaps of lovely food and generally hung out together and had a great time.

Having just embraced the Winter Solstice on 22nd, I can't help but wonder how people in the hotter parts of Australia manage to find their wintertime of reflection and introspection. It must be hard when the temperature is so warm all year and the days so full of light. A challenge for all of us in Australia, but more so for those who live that little bit closer to the Equator where there are hardly any seasons at all.

Please don't forget to check the Practitioners' Corner on Page 5 featuring practitioners who have been students of Colour Resonance. You'll find their regular services, monthly get-togethers and some workshops. There are more workshops advertised on page 6. I only have room for very basic info on those pages, so do give the practitioners a call if you'd like to know more about what they do, or about their workshops.

Blessings of Love @ Rainbows, Linda xxx

REIKI with Linda in PERTH - September 2007
Bookings begin 1st July. Please contact me for a flyer on the Reiki level you wish to take.

Reiki I - 1st & 2nd September \$150

Reiki II - 8th & 9th September \$150

Reiki III - Full Teacher Training

Tues 11th - Sat 15th inc (5 days) \$500

The days of \$10,000 to take Level III and receive only basic skills, are long gone. Those who complete this training will be fully equipped to become Reiki Teachers of the highest calibre. Not only will it teach you the essentials from the Reiki point of view, but I will also share with you, as much as I can from almost 30 years of running workshops. Aspects covered range from the mundane to the absolutely fabulous, including;

- receiving your own Level III Attunement;
- receiving the Master Symbol;
- how to Attune for all levels of Reiki;
- new information on Usui Sensei;
- Chakras & Subtle Bodies;
- when students have trained with other teachers;
- giving Attunement only, and top-ups;
- how to run full workshops and one-on-one sessions
- compiling workbooks and creating certificates;
- keeping student records.

Reiki teachers already trained by me are encouraged to attend. No tuition fees. \$10 per day only towards venue.
All workshops at Vivacious Living Centre, Applecross

AN INSIGHT INTO COLOUR

Since January, we have looked at the primary and secondary colours but, from this month, we begin to delve into the fascinating and complex world of the tertiary colours of Coral, Gold, Olive, Turquoise, Indigo/Royal Blue & Magenta. This in-depth look at colour is not just about Aura-Soma, but about colour itself. It takes in many viewpoints and does not seek to place any one above another. Colour is part of the physics of Light and it is no small co-incidence that all civilisations have, at some stage or another of their existence, come to investigate the psychological and healing power of these rainbow vibrations.

When we look deeply into the roots of colour and what happens when one or more colours come together, we can begin to identify the many complex threads woven into the tapestry of our lives. Colour reveals not only those threads which affect us individually, but the larger patterns which affect us collectively - the needs of the one reflecting the needs of the many. Exploring the tertiaries awakens a deeper consciousness within our memory, our cells and our soul. The journey begins on the next page—enjoy!

TERTIARY COLOURS - CORAL

The first tertiary we're going to investigate is Coral. This colour is made from the primaries of Red and Yellow, but in different ratios to Orange. Echoes of both Orange and Gold are also present. Nestled in the centre of the belly is the Pink area of the womb, and light Coral has a definite pinkish tint. The Chakras affected are Base (Red), Navel (Orange) and Solar Plexus (Yellow.)

The word Coral naturally evokes thoughts of tropical, warm seas and the abundance of the ocean. This is very appropriate as many of the qualities of the colour Coral, can also be found in the marine creature of the same name.

Coral can only grow when it's environment is exactly balanced. If the water is polluted or too hot, too cold, too acidic or too alkaline, it cannot grow. It also needs support from other coral. After spawning, the fertilized eggs float for miles on the surface of the water, eventually falling back into the ocean. If, however, they fall into sand instead of upon rock or an existing coral reef, they will die.

We can see, immediately from this, the aspect of community which exists in both Orange and Coral. These colours each reveal a personality that doesn't do well on their own; they need the support of their community—family, friends, co-workers, team members—to help them survive and thrive.

In the ocean, coral grows in many different shapes and colours. It's actually the little creature inside the coral that is responsible for the colour. This creature cannot survive outside it's perfectly balanced environment. When it's ripped from the reef and taken out of it's natural habitat, it dies. From this, we can see the aspect of homesickness. It happens within we humans too, that often when we're taken from our family and loved ones, from our familiar and supportive environment, that we die a little bit inside.

The challenge of being able to exist away from a familiar environment comes from the red in Coral, which is very much about the separation we experience at birth; coming away from our mother's warm and cosy womb and into the cold harsh world. As humans, we cannot afford to simply die through separation, our challenge is to find the strength and courage within the red part of Coral, to help us become strong and independent.

Red has a lot of influence upon the qualities of Coral and also reveals the way that Coral personalities can be passive, almost willing victims. As the Crown of Thorns starfish literally sucks the life out of the coral reef, the Coral personality can let other people do the same to them. Self-responsibility and self-determination are the lessons to learn.

We can choose *not* to be the victim; to stop blaming others for our current predicament and begin taking responsibility for our own actions.

Like Orange, Coral can reveal not only dependence, but obsession. When love is not returned, anger and revenge will rise up, and the consequences can be quite dramatic. This leads to an increasing display of neediness, grabbing at people, just like the coral reef grabs the hulls of ships, holding so tightly that they can't easily get away.

Where Orange personalities attract those who are just like them, Coral more easily attracts people who will take advantage of them and continue in their victim/perpetrator archetype. Extreme neediness is a real relationship killer and partners quickly tire of constantly having to bolster the Coral confidence. When the partner eventually leaves—as they always seem to, panic rises and the Coral "victim" will then grasp at the first person who shows a little kindness and understanding. Thus begins another cycle of the desperation and disappointment that unrequited love brings. Coral can be slow to learn and often ends up continually "Looking for Love in All the Wrong Places." The *huge* lesson for Coral is to learn to survive on its own and not to rely on anyone else to sustain them.

The gift for Coral is Wisdom. A positive Coral personality is one who takes responsibility for where they go, what they do, and with whom they associate, and work hard to shed the destructive patterns they have been carrying for many, many lifetimes. Wisdom is intrinsically connected to our challenges; each one interlinking down the timelines of our existence to bring us to the Pot of Gold we have always held within, but didn't know how to access. Sometimes, just knowing that we have this wisdom within, is enough incentive to try and tap into it. Then we can let logic and understanding (from the yellow in Coral) guide our actions instead of the emotive and reactive energies of past wounds and bruised feelings.

Being able to let go of something or someone upon which we once depended fully, takes insight (yellow) and courage (red), but it can be done. Allowing the light of yellow to shine on our neediness, and the strength of red to give us courage, then the wisdom of gold is revealed and allows us to finally fall into the orange of letting go. Like the spawning coral (pink), it is only when we completely release what we once held on to so tightly, that we can find our way to independence and self-support. Then, going out into the world becomes, not terrifying, but exciting, stimulating and totally fulfilling.

A Coral personality will have great empathy (pink) for those in the same situation in which they once found themselves. They make great counsellors, using Wisdom with Compassion in helping others to find love and support within themselves.

CORAL AURA-SOMA BOTTLES

Coral did not appear in Aura-Soma Bottles until Bottle 87 and even then, only in it's paler form. It was not until the most recent bottle B105 was born, that the true, rich hue of Coral was finally revealed within the Equilibrium Bottles.

B87 — Pale Coral over Pale Coral "Love Wisdom" An intense challenge to find our inner wisdom within the challenges of repeated instances of unrequited love.

B92—Pale Coral over Olive Green "Gretel" Allowing the heart to rise above the challenge of feeling not good enough. Letting the Divine Feminine rise gently from the depths to provide leadership and the release of all bitterness.

B93—Pale Coral over Turquoise "Hansel" Helping the lost child to be found. Allowing the wisdom within the child to flourish so that it may become independent.

B105—Iridescent Coral over Coral "Archangel Azreal" The Goddess is revealed. Now the wisdom of the gold within is finally seen; swirling in the top fraction it shines in all it's glory. No longer pale and emotionally fragile, Azreal reveals Coral in its strongest and most vibrant hue.

Coral Pomander - Unites fractured groups. Allows us to release what no longer serves us in order that what we truly need (independence) can come into being.

Lord Sanat & Lady Venus Kumara Quintessence— The protection of the parents when the child feels they are alone. Finding community wherever we are, in many different forms. "Family" means many different things. Helps us to recognise this and not feel abandoned.

Coral Colour Essence - Deepens our connection to the Devic family. Allows a deep release of past disassociation with Nature and the Devic realms, especially the water elements.

The new Kryon Book is out! I've only just begun to read it and I'm already blown away by the confirmation of inner thoughts and feelings. Kryon is the only source that does this for me. I'm generally not a fan of channelled info, but I cannot resist Kryon, especially when it echoes so well, the information that has already begun to quiver and rise from my cells like long-forgotten memories tugging at my heart; so familiar, yet still uncertain. Just when I reach a point on my path where some clarification would really help, a new Kryon book is released and there, in pages of quite ordinary print, is always some extra-ordinary confirmation of that inner quivering. Delicious!

WINTER COLOUR—PLEASE!

Winter is the time that we really have to battle the "fashion gurus" for a bit of colour. It is absolutely NOT the time of year for dark and muddy colours, instead, we most *definitely* need some light and bright colours to avoid falling into SAD (seasonally affected disorder.) This is more a problem for those countries that have long, cold winters, but it has also been identified in Australia too.

I've just heard some fashion "expert" on tv say that if you're over 40 you need to get back to black and other neutrals! Quelle horreur!! Whilst there may be nothing worse than mutton dressed as lamb, just because you're over 40 (or 50) is no reason to look bland, depressed or boring either.

If you work in the commercial world, try navy or chocolate brown as a replacement for boring, depressive black. Even silver grey or beige is better. They look fabulous with a red, rose pink, peach or gold shirt; for dresses, throw a wool or silk shawl over the shoulder and secure with a beautiful broach or, bring the colour in with a cardy.

Even for everyday wear to go shopping, help at preschool, lunch with the girls, whatever your day holds, don't be boring—be colourful. Be warm, be interesting, be the bringer of light into the darkness. Team up boring basics with softly warm or bold colours and cheer up, not only your own day, but everyone else's too!

LIGHT CODE ACTIVATIONS AND SOULIGHT JOURNEY 25th & 26th August 2007 With Soluntra King, in Brisbane

Saturday 25th August - Working with the new Souligh Chakra, Earthsun Body, Light Bodies and DNA activations. Transmuting DNA at Dense Structural Levels and Integration of DNA, activating 64 strands and beyond to the Golden Solar Self. Activation of the 17-Chakras and 5 Light Bodies with new sound codes.

Cost \$189, includes "Light Code Activations" book (worth \$74). *Please book before 13th August with a deposit of (\$9) so Soluntra can have your book ready.*

Sunday 26th August, 10am—5pm - In the Souligh Journey we travel to 13 Sacred Sites and experience the vortexes for inner unification, healing and activation using Soluntra's unique Mandala and Sacred Site cards with booklet. **Cost \$169** which includes Souligh Journey Booklet and 13 Sacred Site Mandala Vortex Cards (worth \$69) *Please book by 13th August with a deposit of \$69 in order to have your cards ready.*

Both workshops together: Cost \$333, Deposit \$133 by 13th Aug.

Venue: Fig Tree Pocket, Brisbane.

All monies and registrations direct to Soluntra please.

Please see at; www.evenstarcreations.com/BRISlc.htm
soluntra@evenstarcreations.com

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

Ph/Fax +64 (0)7 315 8355 **Mob** +64 (0)212 967 517

Local Brisbane contact: Linda Graham (07) 3878 5953

THE REIKI PAGE

Reiki, and many other healing modalities, are taught in a fairly prescribed way, and it can be all too easy to fall into the trap of healing by rote, rather than by Divine Guidance. When we're raw beginners and perhaps don't have a very well developed intuitive sense, then following a pattern for our healings can be a huge help. It gives us a template with which to work and, once we have mastered the basic moves and have seen results, our confidence in our abilities begins to grow and we start to trust them a little more.

Sometimes, Reiki is taught to the accompaniment of specially recorded music which gives a subtle "ting" every 3 minutes. This allows the student to practice staying in one place for a long enough period of time for them to feel the energy flow and, for the energy to work. In the beginning, 3 minutes can seem like a very, very long time, but for some of us, the energy flow is a little slow to get going at first, so staying a little while in one place, gives it a chance to energise and start to come through. Before too long though, it's fairly normal for the practitioner to feel the energy flowing through them before they even lay hands on the other person. What naturally follows, is that they also begin to sense, very accurately, when they have stayed on a spot for long enough. This will vary all the way up (or down) the body.

The next step is to work without actually touching the body at all, to feel what's going on in the subtle bodies, as this is often where past life trauma can still be resonating. Again, you may first want to follow a pattern to ensure you have scanned as thoroughly as you can. It's always best though, not to expect to see or feel anything. Just go there and wait. Accept whatever is revealed, even when that's absolutely nothing at all! Your own wish to "see" can promote the imagination to provide exactly what you're wishing for so badly, so be aware of that at all times.

The final step is to be purely intuitive in your healing. With no set pattern to go by, no set time to stay at any particular location of the body, and nothing in particular to actually do. For some, this last step will feel natural and easy, for others, it will seem downright scary. We can only go at the pace that is right for us individually; to feel our way, not think our way, through every healing we do. Don't rush it. Trust what you've been taught until Spirit spontaneously leads you to do something else, then trust it with all your heart. You cannot harm another when you are working for their Highest Good.

Just by the act of laying our hands upon another with great compassion and tenderness, we have the power to dispel feelings of loneliness, abandonment or lack of love. For many, this is all the healing they truly need. No bells and whistles, just lovingkindness. We should also be aware that some people do not like to be touched at all, and respecting this is another kind of healing; the healing of loving someone just the way they are.

So, no matter how you have been taught, learn to trust the promptings of your heart, not what you remember in your head. For each of us, when we let go of opinions and move instead towards compassion; when we can be fully present to another's situation, no matter what our own might be; when we can accept others just as they are without feeling we need to "fix" them, then this is the very best healing of all - we have begun to heal ourselves.

Reiki is a beautiful, gentle, wonderful way to begin or continue your journey into healing. It was never meant to be about form and procedure or, about "getting it right". What Usui Sensei taught, and what is still taught in his school to this day, is to simply practise being in the flow of Divine Energy until you become One with it. True healing is simply the art of being with another, just as they are, then, by virtue of your own balanced energy, being able to balance them also.

And so it is. Hari Om Tat Sat.

DAILY REIKI

Don't forget to make Reiki part of your daily spiritual practise, so that it becomes a part of who you are and what you do. Daily Practise helps to focus your Intent and Awareness on what you do, and how you do it, every day.

Perform Self-Reiki every day, either before you rise, before you go to sleep, or even both. This will help to keep you balanced; your healings will be more flowing and open, and your connection to The Divine will strengthen.

It's lovely to begin each day, as soon as you rise, with an offering of Gratitude to Divinity. You may feel like welcoming the Sun as it rises, or give thanks for the rain which may be falling, whatever is in your heart. Say the Reiki Creed or any other prayer, mantra, affirmation or precious quotation you particularly love, as you connect to your Higher Self Guidance, and set the tone for your day. You may feel you want to offer yourself in service to Humanity, or connect more deeply with the Earth, the Divine Feminine, or whatever you feel is right for you.

Once your Intent has been set, all you have to do, is honour it!

COLOUR RESONANCE PRACTITIONERS' CORNER

All practitioners listed have completed courses at Colour Resonance.

If you have been a student at Colour Resonance and would like to be included in this Directory, please let me know!

AURA-SOMA TEACHER & PRACTITIONER, NUMEROLOGY, REIKI, JIN SHIN JYUTSU
Margaret Tow, **Burswood** 9472 5353

AURA-SOMA COLOUR, EARTH HEALING, WORKSHOPS, COURSES, MEDITATION
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,
THESE WORKSHOPS ON IN JULY & AUGUST - CALL SHIRLEY FOR MORE DETAILS!!

1. 9 Week 'Awakening the Chakras' starts Monday 23 July 6.30-8.30pm in Albany.

2. Weekend Residential Workshop 'Earth, Water, Fire & Air'

4pm Friday 31 August to 4pm Sunday 2 September at the Dryandra Woodland (1½ hours from Perth)
Shirley (08) 9881 6027 04 0968 8434

AURA-SOMA COLOUR, REIKI, LUXOR LIGHT, COLOUR HEALING, WORKSHOP
FACILITATOR Tricia Rigo, "Magenta Healing"
Rossmoyne (08) 9354 7363

MONTHLY GET-TOGETHERS AT VIVACIOUS LIVING CENTRE! FIRST WEDNESDAY of each month (6:45pm for a **7pm start**).

4 July 2007 William Kennet — Numerology

Please stay afterwards and enjoy a chat and a light supper, and feel free to bring your cards and flyers.
Entrance: \$10

All enquiries inc hiring 1st floor workshop area - Yvonne 9315 1511 04 2993 9120

http://www.vivaciousliving.com.au/centre_activities.php

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

AWAKENING CONSCIOUSNESS NETWORK - Monthly Meditations/Activations, healing exchanges, sharing of Spirit. Willetton. Lynda Palai 04 1166 4105 or Alaya Parish 04 1320 6333.
NEXT EVENT: Friday 20th July TIME: 7:30pm

ALSO: **LYNDA'S VERY POPULAR "GIRLS' DAY OUT" SUN 22ND JULY— SEE PAGE 6 FOR MORE DETAILS.**

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, **Mindarie** (08) 9305-999

INTUITIVE HEALINGS, WONDROUS CREATION WORKSHOPS Fleur Jeffries, **Hilton** (08) 9314-6281 04 0440-6504
wondrouscreation@bigpond.com

SOUND HEALING WORKSHOPS & COLOUR THERAPY Maxine Getley, **Rockingham**, (09) 9593 5762

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

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

REIKI Tara Mazzuchelli, **High Wycombe**, 9454 6934

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

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

*May the Blessings of the Great Goddess
bring you Rainbows of Love every day.*

Linda xxxx

NEWSLETTER SUBSCRIPTION is \$10.00 for one year. IF THIS BOX IS TICKED, YOUR SUBSCRIPTION FOR POSTED EDITIONS IS DUE FOR RENEWAL.
(Emailed version is free.)

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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!

WEEKEND FOR WOMEN at GIDGEGANNUP

with Lillian & Vicki-Maree \$150
5pm Friday 27th to 4pm Sunday 29th July 2007
A weekend of relaxation at "Milmeray". Bush environment; cosy woodfires, Labyrinth walks, Reiki, foot massage, Circle Dancing and meditation. Lots of time to sleep, read, walk or talk. Lillian: (08) 9444-8476 O4 1290-0504
ljhaag12@dodo.com.au

AURA-SOMA PRACTITIONER SHARING DAYS

with Caroline Logan.
Venue: Rhonda Ave, Willetton **Duration:** Every 2 months
Future Dates: 19th August, 21st October, 16th December
Time: Sunday 9:30am – 12:30pm approx
No Cost: , but please bring some morning tea to share.
Ph: 9295 3390 rusticcandle@bigpond.com

- 1. AURA-SOMA LEVEL II** with Paula Milner
Dunsborough Tues 3rd—Sun 8th July
Broome Sat 25th—Thurs 30th August *plus,*
- 2. AURA-SOMA LEVEL III ADVANCED**
with Vicki Engeham (Paula is co-ordinating)
9th - 14th NOVEMBER 2007, Dunsborough
COST: \$895 includes tuition, accommodation and all meals except BYO breakfast
Paula Milner O4 1792 3374 or **08 9756 6602**
Email dpmilner@inet.net.au **Book Now!**

**TRAGER® INTRODUCTORY WORKSHOP
A DAY OF RELAXATION, FUN AND HEALING**

with Subhi Luhn
DATE: SUNDAY, 29 JULY, 2007
VENUE: SONG OF LIFE HEALING CENTRE
193 HEALY ROAD, HAMILTON HILL
TIME: 9.30am – 5.30pm **PRICE:** \$95.00
SUBHI: 9314 1054 0417 986 294
www.songoflife.com.au

CHAKRADANCE WORKSHOPS

with Shirley Tonkin Teacher & Colour Therapist
7 July 2007 9.30am-12.30pm King St Arts Centre Perth
28 July 2007 1.30-4.30pm Narrogin \$50.00 each
9 Week 'Awakening the Chakras' Workshop
Commencing 23 July 2007 6.30-8.30pm Albany \$250
Earth, Water, Fire and Air Residential Retreat
Dryandra Woodland (1½ hours from Perth)
From 4pm 31 August 2007 - to 4pm 2 September 2007
\$320.00 (Early Bird before 26/7/07 \$290.00)
04 0968 8434 or stonkin@chakradance.com

GABRAEL IN PERTH

Gabrael is a Nirmanakaya Bhodisattva, a being who, in great love, renounced the nirvanic state to remerge with earthly form, for the benefit of humankind. For almost 20 years Gabrael has walked amongst humanity as an 'ordinary person.' She holds a frequency that changes the vibratory consciousness of beings she comes into contact with. For further information or to request an invitation to participate in a 'conversation with Gabrael' please **contact** Sakshi on **04 0368 0951**, or by email on brigid@australis.net. *There will be only a limited number of individual sessions available with Gabrael.*

SOUL DREAMS WORKSHOP with Alysea McArtney
in **Alice Springs 5th - 8th OCTOBER 2007 \$800 (all inc)** The Tree is a Spiritual life-coaching tool with deep mystical and esoteric teachings. *Also, Alysea's wonderful new book "The Colour Codices through Time" can be posted to you anywhere.* **Ph: (80) 9454 7595** or alysea@colourinu.com.au

GIRLS' DAY OUT with Lynda Palai

22nd July from 10am - 4pm at WILLETTON
Massage, Aura-Soma, Silk Painting, Reflexology and Clairvoyant. Bellydancing, walk the Labyrinth! Buy handmade craft inc jewellery, skin care, and much more!
Fellowship and *free food!*
10 - 4pm 41 Rhonda Ave **Willetton**
contact Lynda on **04 1166 4105**

GODDESS CEREMONIES with Ishara

Monthly Chalice Ceremony: 6pm each Monday at Sun, Moon & Star, White Gum Valley,
Monthly Ishtar Ceremony: **3rd August**, 21st Sept. 2nd Nov, 14th Dec. **(08) 9314 5973 04 1559 3408**
ishara@ishtarsdaughters.com.au
www.ishtarsdaughters.com

LAUGHTER WORKSHOP with Dayle & Kim

Bring laughter into your life and chase the blues away.
Sunday 14th July 1—5pm \$50
At the Glyde-In Community Centre.
Glyde St, Fremantle. Kim O4 0473 2324 or
Dayle O4 0888 9965 or 9336 7252

UNCOVERING THE AUTHENTIC SELF

With Tanya & Patti
6-week course includes stretching, meditation, insight, healing and clearing.
Dates: Monday 2 July - 13 August 7:30 – 9.30pm
Subiaco Community Centre
Ph: Patti 04 1001 7202 or Tanya 04 1326 5832.

SA & CLAUDIO SILVANO ARE BACK!**MEDITATION MONDAYS**

7 to 8 pm beginning Monday 2nd July \$10

CHANT & CHAI

7 to 8:30pm beginning Wednesday 4th July \$20
4 Rodd Place, Hamilton Hill

BOOKINGS Sa or Claudio 9434 5059

HEAL YOUR LIFE WORKSHOPS and study

courses, with Zora Harvie, Booragoon
Healing and personal coaching.
Study course commencing **25 July**,
2 day workshop **5 & 12 August**
9317 7250 or **04 2117 3994.**

MEDITATIONS with **MARK O'NEILL (Perth)**

14—22nd July Mark's programme is a little different from the last few times he has been in Perth and reflects his desire to offer greater depth of experience to those who feel drawn to more deeply experience the amazingness of who they are. Private Healing Sessions also available.
02 8230 2330 or **04 4867 7017** for appointments