

# Our Colourful Times

COLOUR RESONANCE NEWSLETTER

WA ISSUE 71

NOVEMBER 2007

## LETTER FROM LINDA

*I've just arrived back from Perth with our house in Rhonda Ave finally on the market!*

*Whilst I was there to give the finishing touches to the house and garden, I also found time to present a couple of workshops. The impromptu Etheric Rescue Workshop attracted 20 people! Good job the house was completely empty and we could all spread out.*

*The following weekend end saw the Divinely Dancing workshop presented by Five Fabulous Facilitators. It unfolded in the most beautiful way. There was a great deal of fun and laughter on both days, and the workshop finished with a gentleness and grace that blessed us all. The ambience was superbly enhanced by the Chapel at Wollaston Retreat, with its irregular architecture and randomly placed coloured windows. An amazing venue and just perfect for our purpose.*

*I have no more workshops planned for Perth this year, but dates are already planned for 2008. In the meantime, please check out the workshops presented by other practitioners on Page 5. If you're looking for a wonderful healing session, Reiki training, massage or even a beauty treatment, turn to Page 3 for the Practitioners' Corner listings. These are all practitioners who have taken courses with me, so I know each of them personally and can definitely recommend them.*

*I look forward to seeing some of you again in 2008, but til then, at least we can connect each month through this Newsletter. In this issue, I hope you'll enjoy reading about Indigo/Royal Blue, a colour to take you deep, and then deeper still, into the infinite silence that we are. This colour helps us to be connected within and without at the same time.*

*Harí Om Tat Sat, Linda xxxx*

## A NEW BOTTLE IS BORN! ARCHANGEL RATZIEL

**Misty Pale Olive over Misty Lilac**



I feel really honoured to be presenting you with the birth of the new bottle Archangel Ratziel, it feels like it is an incredible step forward.

On Friday, 19th of October 2007 on Shire Farm at the sixth Chakra, we planted a three meter standing stone. One of the symbols associated with Ratziel just happens to be a standing stone. Thus there is a very strong connection with Ratziel and this stone. In a sense it is part of the activation of Shire Farm in relation to the planetary grid, the light network emerging towards the new time on the planet.

Ratziel is a master alchemist; he is able to transmute conditioned patterns through inner alchemy towards pure gold. The colours of this bottle are milky or misty pale olive over misty lilac. In a sense making conscious the situation and circumstance to do with bitterness of the past and turning it towards the sweetness of spirit. The misty quality in the upper fraction, slightly disguising the olive is already part of the alchemical process. It has an incredible smell and I think probably in the whole range of the Aura Soma® system, is one of the strongest smelling bottles. It is both invigorating and relaxing.

This transmutation of bitterness (of experiences of the past towards the sweetness of spirit) overcomes the conditioned patterns, loosening the bars of conditioning towards a perspective of the wisdom that lies within. There is a sense that something new is being born in synchronicity with the new standing stone on Shire farm, and the gathering of some of our distributors from around the world who happen to be at Dev Aura at this point in time to share in the energy and the birth of Ratziel. Three signs that something new is being born. How does this Archangel, who helps us bring forward our gift and overcome our challenges, somehow facilitate the increase of the light web through the human and the planetary grid connections?

Ratziel is also an Archangel of personal empowerment; helping us where we have held back from situations and circumstances when we might have stepped forward. Ratziel empowers us to do the right thing, to be able to express what is necessary, to take up our role as part of the solution rather than be contributing inadvertently to the problem. It is true to say that dealing with the karmic seeds of the past is to be able to overcome or transmute those seeds into something more positive, which is a consequence of the quality we bring in the moment to whatever we do; to be present to the wonder of the moment and not lose ourselves.

These are initial thoughts in the first few moments after the birth of Ratziel. I hope that you get a sense of the significance and importance both globally and individually in relation to the birth of this Archangel at this opportune moment in our planetary journey.

Love and light

If you're not sure about these courses, please ring the facilitators and just have a chat. They'll each be very pleased to answer any questions you may have!

### SA & CLAUDIO SILVANO - "SACRED RADIANCE"

Sacred facilitation in Sacred Space

- **MEDITATION MONDAYS**
- **CHANT & CHAI** (*now once a month on Sundays!*)
- **SWEAT LODGES**
- **REIKI TRAINING**
- **HARMONIC VOICE TRAINING**
- **THE QUEST FOR SUDRA'S ORB**
- **PERSONAL SESSIONS WITH SA OR CLAUDIO**
- **TRAININGS AND WORKSHOPS**

**VENUE:** 4 Rodd Place, Hamilton Hill

**MORE INFO:** Sa or Claudio **9434 5059**

**VISIT:** [www.sacredradiance.net](http://www.sacredradiance.net)

*For my Level I students who have been waiting to complete their Level II course, my own teacher, Vicki Engeham has kindly offered to present this course in February 2008. I will be present, and acting as assistant to Vicki so I do hope you will take this opportunity to do Level II. I will not be in a position to present Level II myself until 2009. Tricia Rigo will be our co-ordinator.*

### AURA-SOMA LEVEL II INTERMEDIATE

with VICKI ENGEHAM, assisted by Linda Graham in WA **February 2008**. Pre-requisite: Aura-Soma Level I Foundation.

Taking you a little deeper into the Bottles, this course reveals how they work with Numerology and Astrology. Certificate Course \$650. **Contact:** Tricia Rigo (Perth) **04 0964 8827**  
[tricia\\_rigo@yahoo.com.au](mailto:tricia_rigo@yahoo.com.au)

### DISCOVERING HEART LANGUAGE

*An Intensive Day of Opening to Heart Energy  
Guided by Pia Shannon Forbes*

Bring a partner. A journey to Intimacy and Openness, Unfold through the joining of spirits. Active imagination – music – meditation – heart sharing – bonding

*Connect with heart wisdom; Learn the poetry of spirit;  
Flow with the rhythm of light/life; Understand self acceptance  
Extend an open hand; Bond with your sacred lover – initiate  
the courage to truly love.*

**Sunday 25<sup>th</sup> November 2007 9am – 8pm**

**Venue – The Chapel Space – North Perth**

**Investment** \$125.00 (\$50.00 non refundable deposit to confirm attendance) **Please book soon as numbers are limited.**

**Please Bring** - Pillow or floor cushion/yoga mat, food to share  
Pia 9451 7609 04 1308 5540 [pia.shannon@bigpond.com](mailto:pia.shannon@bigpond.com)

### SESSIONS & EVENTS with Claire Belton

At Vivacious Living Centre, Applecross

#### Monthly Global Peace Meditation

**First Tuesday of each month.** 7pm-8pm Everyone is welcome, **this event is free of charge.** Please pass this on and bring along your friends.

#### Meditation for Busy People

**Wednesday 28<sup>th</sup> November 6pm-9pm**

Cost: \$100 per person.

#### Coaching Business, Life, Workplace

**Claire is presently offering a complimentary coaching session.** Coaching is an opportunity to take a look at what you would like for your life, business or career and to set some inspiring goals.

**Breathwork** call Claire to book your session

**04 0890 9779** [clairbelton@bigpond.com](mailto:clairbelton@bigpond.com)

**VIVACIOUS LIVING CENTRE 9/9 RISELEY SQUARE,  
APPLECROSS**

### SAKSHI IN PERTH

**Sakshi has extended her current stay in Perth and will be offering Oneness Blessings (Deeksha) at Vivacious Living Centre on Monday nights. Do give her a call if you'd like to attend. (04) 0368-0951**

### GODDESS CEREMONIES with Ishara

Touching the Sacred Feminine in prayer and ceremony.

**Weekly Chalice Ceremony:** 6pm each Monday

**Monthly Ishtar Ceremony:** 14th Dec.

**(08) 9314 5973 04 1559 3408**

[ishara@ishtarsdaughters.com.au](mailto:ishara@ishtarsdaughters.com.au) [www.ishtarsdaughters.com](http://www.ishtarsdaughters.com)

### JOANNE KINNEAR "SUNWALKER HEALING"

Presenting three workshops on Archangels and Ascended Masters, their associations with colour and crystals and how to incorporate them into our everyday lives.

**DATES:** Nov 10 & 24, and Dec 8th

**TIME:** Saturday mornings, 9.30am -12.00noon

**COST:** \$30 per day

**VENUE:** MT HAWTHORN

There may be more workshops to follow, depending on response, so if you're interested, please call **Joanne: (08) 9201 1826 / 0419 931 848.**

**Email:** [sunwalkerhealing@iinet.net.au](mailto:sunwalkerhealing@iinet.net.au)

### AURA-SOMA COURSES with Paula Milner

at "Birdsong" B&B in Dunsborough

Level I 16th to 21st November 2007

Level II February 2008

08 9756 6602 04 1792 3374 [dpmilner@iinet.net.au](mailto:dpmilner@iinet.net.au)

### AURA-SOMA PRACTITIONERS' SHARING DAY with Caroline Logan. Last one for this year!!

**Date:** **16<sup>th</sup> Dec** 9.30am – 12.30pm

**Venue:** **Rossmoyne** (*call Caroline for address.*)

**Cost:** some morning tea to share.

**Ph:** **9295 3390** [rusticcandle@bigpond.com](mailto:rusticcandle@bigpond.com)

### JOURNEY OF THE DIAMOND LIGHT THE NEW LIGHT MATRIX

#### **SOUTH ISLAND, AOTEAROA, NEW ZEALAND**

With Soluntra King 1<sup>st</sup> March – 17<sup>th</sup> March, 17 days travelling the South Island Experience the Diamond Light Gateways of the South Island, the dimensional portals and Star Alignment at Castle Hill, Golden Solar Disc and Inner Earth Sun day, the Goddess God union and New Light Grid Matrix, Galactic Centre cross over point

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

0011 64 7 315 8355 [soluntra@evenstarcreations.com](mailto:soluntra@evenstarcreations.com)

**or visit [www.evenstarcreations.com](http://www.evenstarcreations.com)**

### MARGIE'S UNIQUE METAPHYSICAL MANDALAS

**By Marguerite Hann Syme.** Intuitive designs via Gaian energy. Working at Higher Self level to create a **personalised mandala** for you or a loved one. Hand-drawn and framed. Pregnant woman are a speciality, also group mandalas, pets, workmates, relatives. Makes a wonderful gift. Margie also meditates with crystals and bushflowers to create **mineral and plant mandalas** and is now undertaking various sized canvases (\$300-\$800).

**Gift cards** \$3.50 (more than 5 = \$3 ea). **Meditation cards** -laminated \$5 (more than 5 = \$4ea). A4 bright-frame prints, with original touches, \$40. IDEAL FOR CHRISTMAS, also weddings, birthdays, leavings etc.

**PH: 08 8339 4606** [mhannsyme@optusnet.com.au](mailto:mhannsyme@optusnet.com.au).

**or visit [www.margiesmandalas.com](http://www.margiesmandalas.com)**



## COLOUR RESONANCE PRACTITIONERS' CORNER

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

### **(New!) REIKI TEACHER AND PRACTITIONER**

Christine **Mandakini** Sacha, **Beaconsfield**,  
(04) 0452-5581

### **(New!) REIKI TEACHER AND PRACTITIONER, MASSAGE & AROMATHERAPY**

Jana Jensen, **Riverton**  
04 3131 6307 glassborow@iinet.net.au

**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 Victoria Park**,  
(08) 9470 2640 arda.vlatkovic@bigpond.com

### **REIKI TEACHER—ALL LEVELS, YOGA TEACHER 1-1 OR GROUP, BREATH AWARENESS, GARDEN HEALTH & DESIGN**

Donna Deeley "Simply Sustainable" **Hamilton Hill**  
(09) 9337 4701 0413 107 223

### **(Updated!) REIKI TREATMENTS & TRAINING, VISUAL ART, MASSAGE**

Jennie Newman, "Art Beyond  
Boundaries" **Bassendean** 04 0823 7864  
jennien@westnet.com.au

### **SOUND HEALING WORKSHOPS & COLOUR THERAPY**

Maxine Getley, **Rockingham**, (08) 9593 5762

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

Paula Frances Bradley, **Fremantle**, 04 0582 0827

### **AURA-SOMA COLOUR, EARTH HEALING, WORKSHOPS, COURSES, MEDITATION**

Merlinda Reed "Angels of Colour & Light" **Armadale**  
(08) 9498 2390 (04) 0079-5456

### **REIKI** Tara Mazzuchelli, **High Wycombe**,

(08) 9454 6934 TARMAZ@bigpond.com

### **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

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

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

**REIKI TEACHERS** Felicia & Tim Sandover, "Alternative  
Ways", **Gosnells** 9398 4489 04 4806 6717

### **AURA-SOMA, REIKI TEACHER, MAGNETIC HEALING, VIBRATIONAL ESSENCES**

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

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

Shirley  
Tonkin, **Narrogin**, (08) 9881 6027 04 0968 8434  
stonkin@chakradance.com

### **AURA-SOMA, COLOUR THERAPY, REIKI TEACHER, CIRCLE DANCING**

Lillian Haagensen, **Joondana**.  
(08) 9444-8476 04 1290-0504 ljhaag12@dodo.com.au

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

Paula Kay McBean, **Heathridge**  
04 1129 0024

### **SOUND & COLOUR, REIKI, PRANIC, INTUITIVE HEALINGS, HYPNOTHERAPY**

Maureen Stephenson "Emergence @ Chrysallis"  
**North Perth** (08) 9328 5021

### **REIKI, REFLEXOLOGY, BEAUTY THERAPY, HOT STONE, REMEDIAL & RELAXATION MASSAGE**

Sheree Regan, **Kenwick**, 04 0523 4602

Dancing in the  
Chapel



## INDIGO/ROYAL BLUE & THE 3RD EYE CHAKRA

There is an important point to be made about this month's colour within the system we are using for this series. In terms of the 7-colours of the Rainbow and traditional Yogic philosophy, the 6th colour which sits at the 3rd Eye Chakra is Indigo. Indigo is not a tertiary, but a *shade* of blue. It's simply a very deep version of the same light blue of our daytime sky after the sun has set and there is virtually no light available. Indigo can best be described as Midnight Blue, Blue-Black, or Navy. It isn't any shade of purple or violet as there is absolutely no red present.

Within the Aura-Soma colour system, however, the colour which sits at the Third Eye and which fits neatly into the system we're looking at, is called Royal Blue. This colour *does* have a little bit of red added so Royal Blue, therefore, *is* a tertiary colour - 3 parts blue (a secondary), and 1 part Red (a primary). When we look at the 3rd Eye colour as Royal Blue, what unfolds is a continuing story. Red now re-appears, but *this* red is changed from the raw red found in the Base Chakra. It's now the "Ascended Red"; well-travelled, mature and experienced. It is no longer merely concerned with surviving, but now offers life experience and spiritual maturity to our further unfolding.

In this much deeper version of Blue, we find the Ascension process of The Christ and the metamorphic quality of the caterpillar. When Jesus returned on the 3rd day after his entombment, he appeared to various people who, at first, did not know him. He was subtly altered, refined, more full of Light, and it wasn't until they looked more closely, that they eventually recognised him as the Jesus they had known before.

So we see in Indigo/Royal Blue the aspect of going within; stepping into the darkness to die a little bit; to surrender to what we have been, in order to grow into what we may become. Deep prayer, chanting, meditation and contemplation are the keys which help us enter this cocoon state. In these moments, we are able to embrace the darkness fully; not fearing it, but loving it. We also see this within the sweatlodge. The darkness in there is absolute. Eyes do not adjust. It remains totally dark and, whether the eyes are open or shut, it makes no difference. Here is a place to face our fears, to face ourselves, to go back into the womb state, to open and embrace the opportunity to exhale the life we have lived so that on the inhale, we are reborn into a new life, full of new potentials and new possibilities.

Within the cocoon, the tomb or the sweatlodge, we are safe from the elements; warm and nourished, we are asked only to exist, and to be present to our process. The blessing of the darkness is that, without it, we wouldn't see the beauty of the stars at night or, our own Inner Light. The type of space that exists within darkness is unlike any other. It's full of potential, but we need patience as we wait for our transformation to begin. We wait to be reborn, like the seed which becomes a flower, or the caterpillar which becomes a butterfly. Our consciousness begins to expand within the depth and silence of our spiritual practices, and we wait. Slowly, we develop from base human into a much higher resonance of ourself. Indigo/Royal Blue holds the promise of transformation that is delivered in Violet.

Blue is the colour of Peace and Calm and in Indigo/Royal Blue, this is deepened and we are able to experience "the peace that passeth all understanding." This happens when, through prayer and meditation, we become more content, more compassionate, more unified. Rather than try to force a change within ourself, we simply sit and observe what is happening; becoming the Witness, the Watcher. No judgement, no ambition, just aware, awake and observant. Once we stop trying to judge, to control things, something else is allowed to happen - we begin to open to new ideas, imagination and, most importantly, a higher perception.

Generally, we are either predominantly clairvoyant, clairaudient or clairsentient, but some have two, or even all three of these abilities, fully operational. It's important to realise, however, especially for those beginning their spiritual journey, that our level of psychic development is in no way, a measure of our spirituality. In fact, quite the opposite may be true! It's different for each one of us.

When we begin to work with our Brow Chakra, we are greatly challenged by our ego. We face glamour after glamour, during which our challenge is literally to "see" through the deceptions, tricks and razzle-dazzle that the psychic world often lays before us. A "glamour" is something we want so badly, that we manifest it from our ego-mind, but which is not necessarily coming to us in pure truth. We have the experience we want but, like dreams, it disappears when we finally wake up to ourselves.

The complementary colour to Indigo/Royal Blue is Gold and, together, they bring forth Ancient Egyptian energies which often manifest when we work with this Chakra. We may well meet the Ancient Master, Thoth, the Great Trickster. He tricks us, not to be malicious, but to sharpen our senses for pure truth. If we are deceived by our own ego, it's our fault, not his! When we meet the challenges that the expansion of our 3rd Eye Chakra brings, with humility, grace and an open heart, the story is quite different. It's possible to actually taste, smell, hear, and feel the difference between psychically induced glours and true spiritual manifestations, even when they look the same at first glance. In truth, they're as different as plastic roses from those growing soft, fragrant and alive in the garden.

All the blues hold the shared aspect of communication. In Turquoise it's very much outside of us; rapid, broad-based and often technological. The hue of blue is more about one-on-one and small groups where we are able to speak to each other face to face. Indigo/Royal Blue, however, is about the inner communication we have with our Higher Self/God/Existence/The Beloved. During the meditative process we may finally hear that "still, small voice within."

That little bit of red within Royal Blue gives this deep colour a hidden strength and energy. This is often needed when we go through spiritual difficulties and challenges. It represents our consciousness awakening at a higher level. When we go into a deep state of prayer or meditation, we are able to touch parts of ourselves with which we have not previously communicated. Many things are revealed to us when we become still and silent; when mind and body are at rest. Dreams are one way we receive this information, but it is oh, *so* much more potent when we are aware, awake and fully present to the process which is unfolding. There are things we may miss in dreams, which are made crystal clear in meditation. This is why it is best not to lie down for meditation. We inevitably go to sleep and, in sleep, our brain uses a different frequency (Delta) to that used during meditation (Alpha/Theta), we become *un*conscious rather than supra-conscious!

The keywords for this colour are "silence" and "stillness". The word Om, chanted aloud or silently is one of the most powerful tools we have been given to work with this Chakra. Chanting single sounds or mantras and focussing our physical eyes, whether open or shut, on the Inner Eye, we still the mind and give it much needed rest. As we do so, the whole Universe begins to open to us. We may well have the experience of being a single sub-atomic particle drifting in space, and feel this as keenly as we do the experience of having the whole Universe encompassed within our body and, what we come to realise is, there is absolutely no difference between the two.

In that moment, we truly understand that we are the alchemists of our own transformative processes; to see not just what we want to see, but what is actually there. And so it is.



## ROYAL BLUE AURA-SOMA BOTTLES

**B0 Royal Blue over Deep Magenta "Spiritual Rescue"** Shakes to Deep Magenta. *The outward journey of The Fool tarot card.* One of the deepest bottles - in many respects, going beyond spiritual pride and spiritual ego, to reveal the Truth in pure form. It assists our deepest connection with our Self, the Universe and all it holds. Unless we are able to let go the ego and be receptive to what is, rather than what we want, we cannot develop properly whilst incubating in our cocoon of darkness. This bottle is also a rescue for the Rescuer - those who help or teach others during the night. Revitalises and replenishes us through the wholeness of the Deep Magenta, which contains all the colours.

**B32 Royal Blue over Gold "Sophia"**, shakes to Green. *"Opening to deep joy and peace." Minor Arcana card, Five of Wands.* A bottle which can bring great balance. (Royal Blue & Gold are complementaries.) Sophia is Goddess of the Stars. In this Bottle, we see the wisdom of the Goddess which lies within the depths of our cells, brought more into our consciousness with every breath. In the stillness and the silence, Gold rises from the Hara, up through the Solar Plexus, Heart, Thymus and Throat to the Brow Centre, bringing a little more wisdom and Light to each of them. Royal Blue and Gold are the colours of lapis lazuli so, through this bottle, we may connect to ancient Egypt as well as the Aztecs, Toltecs and Mayans.

**B33 Royal Blue over Turquoise "The Dolphin Bottle", "Peace with a Purpose"** Shakes to Royal Blue. *"Peace on the in-breath, Peace on the out-breath." Minor Arcana tarot 4 of Wands.* This bottle helps us to stay light-hearted during our spiritual search. B33 ensures we don't take ourselves too seriously. Spirit has a bright and keen sense of humour which we should all embrace. Dour and gloomy searchers can fall into spiritual pride and ego far more quickly than their apparently frivolous counterparts! Best we become like the dolphins, revelling in every single moment of our existence.

**B46 Royal Blue over Lemon, "Old Soul"** shakes to Green. *Minor Arcana tarot card, 4 of Cups.* Old Souls have learned a thing or two during all their journeys upon the Earth. This bottle is about bringing more clarity into all our communication centres. It helps us to understand the Emerald of the Heart more clearly. Lemon represents a sharp intellect which often leads us to over-analyse things. With this Bottle, however, our knowledge is deepened through the Royal Blue, which helps keep us calm and focussed. If we are able to stay heart-centred during our spiritual searching, we are then able to access a wholly different level of our intellect which reassures us, rather than cause us more anxiety.

**B96 Royal Blue over Royal Blue, "Archangel Raphael"**. *The return journey of The Moon tarot card.* *"All that is hidden becomes known."* This bottle really brings us "The Peace that passeth all Understanding". From within the depths of ourselves, we find ancient knowledge and wisdom springing forth from our own cells. Using this bottle helps us to become more quiet and more still, so that we can finally hear "That Still Small Voice Within." We lose the fear of our own darkness and embrace it. Within the darkness of the cave of our mind, we are able to see our Inner Light shining. The Inner and the Outer merge as One.

**Royal Blue Pomander** - Wonderful to use for restless sleepers, or to calm an agitated child, especially if they are hyperactive. Also good before meditation and prayer as it helps to quiet and focus the mind.

**Royal Blue Quintessence** - None! Instead we use El Morya, Master of Blue Ray. This quintessence is marvellous in helping us to surrender to what is, and to open up to communication on all levels.

**Royal Blue Colour Essence** - This essence contains, among other things, platinum, so it brings a certain purity to proceedings. The inclusion of Lapis reminds us of ancient rituals. As this Essence enters our body, it melds our inner and outer consciousness. Most Aura-Soma works from the outside, in, but the Essences work from the inside, out, creating perfect balance and harmony.

**Royal Blue Archangeloi Spray "Raphael"** - Our five senses work on all our subtle levels, but with increasing delicacy. Raphael helps us refine our five basic senses. We begin to feel what Truth is, to see through the mask of humanity, to taste God, to hear the difference between angelic and astral sounds and, to smell our way home. As we do this, we release old thought patterns and perceive everything more clearly, and with more consciousness. Moving from individuality towards greater Unity with the All That There Is.

### COURSES with LINDA IN 2008

Sorry everyone, the dates have had to be switched around, but there are now 2 extra courses following the Foundation.

**1. AURA-SOMA LEVEL I FOUNDATION with Linda**  
**Sat 29th March to Thurs 3rd April, inclusive \$600**  
**Venue: Rossmoyne.**

No pre-requisites. Open to everyone. The basics of Aura-Soma. Colour formation through primaries, secondaries and tertiaries; hidden colours; missing colours; complementary colours; the two fractions; the four positions; how to give a bottle reading. Also, Pomanders, Quintessences, Colour Essences and Archangeloi Sprays. Certificate Course \$600 Contact: Linda (see page 6)

**2. YOUR BIRTHDAY BOTTLES with Linda**  
**Sat 5th April 9:30am—5:30pm \$60**  
**Venue: TBA**

By request! Many people have asked me to present this course again as they missed out last time. No experience needed. Discover the energies present on the day of your birth and how they have played a role in your life. We see the challenges faced and the gifts which, perhaps, have not yet all been discovered. Open to those gifts. You brought them with you! You have more than you know. This is a great way to work with Aura-Soma but it's **open to ALL**. *There's no need to be an Aura-Soma practitioner to take part!* **Contact Linda (pg 6)**

**3. OUR MULTI-COLOURED CHAKRAS with Linda**  
**Sunday 6th April 9:30am—5:30pm**  
**Venue: TBA**

No experience needed. This course is *not* an Aura-Soma course in essence, although it can certainly be used with the Bottles. As we know, each of the 7 main Chakras, relate to a specific colour but, what is often overlooked, is that in every Chakra, *all* colours are present, it's just that one is dominant. In this course, we explore what part a colour plays within each of the other Chakras, ie Red's role in the Throat Chakra, Green's role in the Brow Chakra. This is a day to delve a little more deeply into Colour and expand both your knowledge and awareness of the amazing vibrations of colour and light that are within us. **Contact Linda (pg 6)**

## THE REIKI PAGE – FAITH & TRUST

In this issue, the colour we're looking at this month is Indigo/Royal Blue. This issue reveals many aspects of Indigo, but there are two qualities I haven't yet mentioned – Faith and Trust. They first appear in the hue of Blue, at the Throat Chakra, but are deepened and strengthened in the Indigo/Royal Blue of the Brow. Balancing the Brow Chakra really helps us on our spiritual journey and brings our higher intuition on-line.

No matter whether it's Reiki, Aura-Soma or any other kind of healing, I am often asked, "Can this hurt someone?" Firstly, it's good to ask this question, because you need to get absolutely clear about how *you* feel about your practices. When this question rises, it's time to go within, to pray and meditate for as long as it takes, to receive a clear answer. We can never just accept the word of another regarding Faith and Trust, it must come from within us, because it's our own thought patterns and our own perceptions that determine whether or not what we offer is of benefit. If we do not have absolute faith and trust in what we are doing and what we are using, then it's really best not to do it at all.

This will be quite a challenge for those who have been called to heal, but it can be no other way. Each one of us must be absolutely clear in our Intent – the cornerstone of all healing practises. No matter what our modality, we absolutely cannot, *cannot*, heal in fear.

Our thought patterns are amazingly powerful. Most of us really have no idea, just how powerful. If we want something badly enough or, fear something strongly enough, then, Glory Be, let's not be surprised when the darn thing actually manifests!! So, when we're healing, we need to be absolutely clear about our thoughts and our Intent before we even accept a client. Below, are some affirmations that may help in replacing useless thought patterns of fear, and help us towards greater Faith and Trust, in ourselves, our healing modality, and the One Divine Energy that flows through us all. We cannot hurt another when we work from the heart in Unconditional Love and Oneness.

*I am connected to the Earth and to Source  
My heart is pure and open to Divinity  
I am a clear channel for Divine Unconditional Love  
My Pure Intent is to work in Divine Love & Oneness  
My Heart and Mind are anchored in Divine Unity  
Consciousness  
I am Divine Love in action, working for the Highest  
Good of All*

When the Brow Chakra is out of balance, a Reiki treatment gives enormous respite from the mental battering of mis-conceptions and mis-perceptions. It helps us to see what is really there, not just what we want, or fear, is there. Those who are hyper-sensitive, can feel lost in a maelstrom of emotional upsets and psychic phenomena, and not able to see their way clearly at all. After a Reiki session, both client and practitioner will feel a great deal more peaceful, calm and relaxed.

Offering Reiki to the Brow Chakra should always be done ultra-gently. This is the one Chakra where very slow movements and a light touch really must be used. Draw Reiki symbols, apply crystals, silks, or oils thoughtfully, trying not to jolt or use a heavy hand. When doing anything on or over the Brow Chakra, do so slowly. Watch your client to see if they wince. If they do, slow down even more and perhaps bring your hands up a little higher off the body. We don't always know just how sensitive another may be, and this is the most sensitive of all our Chakras. It's worth the effort though, because a balanced Brow Chakra helps us to see clearly, those things that were previously hidden through anxiety and fear.

As we know, when we work in Unconditional Love, there is such compassion present, that even if we draw the Reiki symbols incorrectly, even if we do things in a different order from our training, it's not going to hurt. Everyone is different anyway and you may be doing exactly the right thing for that particular client. So, search your heart and, if you have faith in yourself, faith in your modality and faith in The Divine, you need have no fear when you're healing. Trust that you are in the right place, at the right time, doing the right thing!

## REIKI CONNECTION EVENING 2008

Have had to re-jig my dates already, sorry. Will try and sort it out before the next issue! L.

Blessings of Deep Peace and Unity  
as we share our Light with each other.

*Linda xxxx*

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