

# Our Colourful Times

Colour Resonance Newsletter

WA Issue 76

MAY 2008

## AURA-SOMA

The Aura-Soma Conference was just great and, what I genuinely love more than anything, is the opportunity to catch up with some of the most experienced, knowledgeable, innovative and creative women I have ever met. (There were one or two blokes there too!) Attending the Conferences on a regular basis, means that no matter where we live, it provides an opportunity for us to come together to renew existing friendships and form new ones.

As many of you know, I learned a great deal about colour healing and psychology through Noelle Leven and I will always use, value and honour those skills. I have to say, however, that there is no tool quite like Aura-Soma to get to the depths of who we truly are and which also provides a method of gently rebalancing and renewing us at the same time. The first time I ever saw the Bottles, I fell in love. There's simply no other way to describe what happened. The more I learn about the Bottles, the more I want to learn. Even after 10 years or so, I constantly find that there is so much more to discover, not only about colour itself but, particularly, about Aura-Soma.

Often when we attend our first Aura-Soma course, we have no real idea where it will lead us. Many people attend a Level 1 Foundation course with absolutely no intention of ever becoming a teacher. It's a fact, however, that the world of colour holds a fascination for most humans that is hard to ignore and, once we begin to learn how Aura-Soma works within that world, our innate sense of intrigue and curiosity awakens further and becomes hungry for more and more understanding. So, we take one course after another, as they arise, as time and finances permit and suddenly we find that all three practitioner levels have been completed and we are unexpectedly looking for even more!

So, what comes after Levels 1, 2 and 3? There are several more courses to take before we even need to consider the very big step of becoming an Aura-Soma Teacher. The courses all enhance our present knowledge and intuitive skills, whilst taking us ever deeper into the knowledge which still lies dormant within our cells.

"Listening to the Star Within" is a 3-day course with Mike Booth which is now a pre-requisite for Teachers 1. It can be taken at any time, however, no matter which practitioner level you are. Other pre-requisites are Level 4, the "Presenter's Course" and "The Bridge".

Level 4 is all written work, but don't let this put you off. Please see page 3 for an exciting and inspiring new concept regarding this level.

There are also many mini-courses you can take, at any time called "Renewal Courses", conceived and presented by Aura-Soma teachers, incorporating their particular sphere of passion and expertise with the Aura-Soma system.

## BLACK PART TWO!

Since the column I wrote last month on the downside of continually wearing black, I've have lots of comments along the lines of "So what do I do with all the black in my wardrobe then?!" Well, don't throw it out, that's the first thing. I may not like black, but I'm my mother's daughter and wouldn't dream of chucking anything out that I liked, which had cost a pretty penny, and which still had a lot of wear left in it. That would be silly!

Don't throw out your black, just be very aware of how often you wear it and maybe wear it a little less. Wearing black skirts or slacks, is nowhere near as detrimental as when it's against your face. That's where it has most impact, both upon you and those who look at you. When you do wear black, team it with a gorgeously coloured camisole or light scarf in summer, and warm and toasty roll-necks or woollen shawls in winter. Wear black slacks and skirts with softly or brightly coloured blouses or jumpers. Match it with one or two pieces of coloured jewellery, or your shoes and bag and, instead of looking at boring, blocking, depressive black, everyone will be uplifted by the colour instead, and of course - so will you!

A black business suit or dress, looks stunning with a rose pink or peach shawl, or a pale turquoise silk shirt or just one eye-catching piece of turquoise jewellery. My favourite, magenta, looks good on just about anyone, with anything. If you feel you need to look "serious" for your work, try using deep brown, tan, beige, mid-grey, silver grey, navy or deep mid-blues instead. Cream isn't dreadfully practical, but looks really classy when teamed with delicate gold accessories, or soft pastels. So do consider these alternatives when you're buying your next "serious" outfit. Even if you're not working in the corporate world, just take a moment to think what else you could wear to go shopping, to the doctors, the school run, instead of boring black. Hairdressers often wear black all day every day as part of their "uniform". Given that they work with chemicals and dyes, this is somewhat understandable. One salon I used to go to, however, provided funky shirt-tops which were multi-coloured, and went over their clothes. Another provided clear plastic aprons and the staff wore any colour clothing they liked. So, even when there's a need to be practical, there's *always* an alternative to black.

Another little trap is always wearing black and red together. They do look great, but again, be aware of how often you team them up. Red and black are both "power colours" and when worn constantly can reveal someone who is a bit of a control freak. When seen in the aura, black and red indicate, not just anger, but pure rage, and we often wear what we want to express but don't. So, think about what you're expressing.

Remember, if you work with children in any capacity, or your work involves counselling of any kind, black is really, really the worst thing you can wear. It totally blocks all communication so how can you bring someone out of their shell, when you're hiding within your own??

## COMPLEMENTARY COLOURS INDIGO/ROYAL BLUE & GOLD

Complementary colours are those which sit opposite each other on the Colour Wheel. This month we look at Royal Blue & Gold. These two colours are associated with Ancient Egypt. Gold and Lapis Lazuli, both as precious metal and gems, as well as colours, featured greatly in jewellery, headdresses, clothing, artefacts and drawings in Egyptian culture and the deep blue lapis lazuli is also threaded through with fine lines of gold. It seems such a natural pairing.

Traditionally, Indigo aligns with the Brow or 3rd Eye Chakra, but in the Aura-Soma system, we do not use Indigo at the 3rd Eye, but Royal Blue instead. Indigo is simply medial blue without light - the colour of the night sky when there is no sun to illuminate it. In order to re-create indigo, black needs to be used and as it represents a total absence of light, is not a shade which can ever assist any light-based healing modality. Royal Blue, on the other hand, not only has depth of colour, but also has just that little bit of Red in it, which deepens and strengthens the gentle medial Blue, and makes a colour which actually sits perfectly at the Brow Chakra. That little bit of Red is not quite the same Red energy that sits at the Base Chakra. As we know, Red represents, among other things, the Christ energy. The Red in the base, therefore, is all about suffering, sacrifice and survival. The Red at the Brow Chakra, however, is the Red that has travelled about a bit; it's been through "stuff"; has had an education and gained much experience and understanding; it is, instead, the Ascended Christ energy. Red disappears from the colour spectrum after Gold, (which is sublimely appropriate!) and only returns when it reaches it's complementary colour of Royal Blue. We might say, "The Awakener returns."

Royal Blue helps us to awaken to our true self. All Blues hold the aspect of communication in one way or another and here, in Royal Blue, is the aspect of Inner Communication. Sitting in prayer, meditation or contemplation, is where we begin to communicate with (or awaken to,) our Higher Self, to God, Spirit, the Universe. We are able to find "the Peace that passeth all understanding" and hear "that still, small voice within." This is the voice that can only be heard in silence so, whether we actively meditate or not, it's important that we have a little quiet time each and every day; a period of absolutely "not doing"; just sitting, quiet and still, breathing slowing and deeply and being fully present. Present to the body, the breath, the place we're in and all that is around us; not escaping the world, but being fully in it.

Gold is a metal that has often been hungered after, fought over and revered. Jason's search for the golden fleece, the pot of gold at the end of the rainbow, the goose that laid the golden egg, the "Gold Rush" of the 1800s, and more topically, the Olympic gold medal. Gold has become the symbol, in almost every culture, of wealth, richness and durability. Gold doesn't erode; it doesn't rust; it's totally impervious to weather and the passage of time; it's the best conductor of electricity we've found so far, and yet totally blocks radiation. It's incredibly malleable and can be beaten to an astounding thinness then used for jewellery or upon artefacts. Thin shavings of gold can even be eaten atop small sweets and cakes. Gold is virtually non-destructible and is everlasting.

In spiritual terms, gold is the highest colour to which we can aspire. It's the Golden Angel within; the Golden Path; the colour of the halo and the Gates of Heaven. It's also about alchemy. How the ancient alchemists tried to turn base metal into Gold. The parody is for us to realise that we are alchemising ourselves from a mere base human into a Golden Angel here on Earth. We are already this, but for the most part, unaware. It's consciousness that makes the difference.

When we are about in the world, being so busy "doing", we don't have time or space to make this inner connection. Going into the Indigo/Royal Blue is like stepping into the cocoon or the cave where "silence is golden". Into a place of deep silence and solitude. Breathing and being. Breathing and being present. Breathing, being present and fully grounded to the Earth and open to the higher resonances of who we truly are.

There is often a moment in meditation where one feels totally expanded to the point of holding not only this world, but the whole of the universe within one's body. This is a richness beyond anything we could imagine. In most human cultures, we are led to believe that we are "here" and everything else is "somewhere else." It's hard for us to imagine that "here" and "there" are exactly the same place. Our minds do not find these concepts easy, but we really are like mini TARDIS machines - so much bigger on the inside than we realise when we look upon the outside. Dr Who fans will understand this concept of Time and Relative Dimensions in Space. The Royal Blue/Indigo gives us the opportunity to experience and understand things our logical mind simply cannot.

In terms of colour Gold is about richness, wisdom, discernment and power. Many of us would like a little more financial abundance, but if we had it, would we use it wisely, or would we let the power it brings, corrupt us? Divine Communication is worth it's weight in Gold. The little bit of Red in Royal Blue, helps us to awaken to our Higher Self, it gives us the strength to sit still and breathe for a little bit longer. This blue is so much deeper than any other and, in turn, it enables us to go within that little bit deeper. Into the cave, the cocoon of ourself. Silence and solitude often provides the space for our higher intuitive gifts to manifest. The five senses at physical level, take on a whole new aspect when we connect into our subtle body systems. Sensing at the mental body level, or the Manasic level is quite, quite different from what it is at the physical level. We see truth; we feel sound; we hear shapes; we smell truth; and we taste colour. We "see" beyond the normal parameters of the human condition and begin to connect the dots.

Gold contains a great deal of yellow with again, a little bit of Red - just like Royal Blue. Whatever we find in yellow, therefore, is strengthened and deepened by the presence of red in Gold. For instance, one aspect of yellow is knowledge, but in Gold it deepens to Wisdom. Whereas knowledge can be learned, wisdom can only come from our experiences. Our most ancient wisdom is held within the DNA/cellular structure of our bodies but, unless and until we are prepared to sit in silence and be still, we may never truly access it.

So often we hear the cry "I know I'm supposed to be doing something in the world, but I don't know what!" That something is to simply be here. So simple it's often dismissed as unacceptable. Surely it's more complex than that? Is it? Why not sit still in a quiet place, and simply breathe? Maybe we'll find out. It's truly only in the quiet, and stillness that we find our true self. After a while, we can get to this state anywhere, in any environment at all, even moving, talking and "doing", but first, it's necessary to practise stillness. Sitting quietly, we may find all the wisdom we have been seeking for so long. We come to know ourselves intimately and find that our place in the world is indeed, to simply be here as a loving, caring, peaceful expression of God's Love. We are our own Holy Grail and hold all the blessings we could ever want or need. Our cup is always full of golden gifts - far more than we may realise. The world at this time needs Peace more than anything, so be the Peace you want to see in the world. It starts with each and every one of us Golden Angels. Right here, right now.

## COMPLEMENTARY AURA-SOMA® BOTTLES

There are two bottles which have the Royal Blue & Gold combination. The "official" view is that each of these bottles shakes to a different colour. Observance, however, shows that they shake to exactly the same colour - almost Deep Magenta, but with overtones of deep, deep green.

Both bottles hold the aspect of the midnight sky and the sun. It's only at night, when our sun has set and the sky above darkens, that we can see the suns, or stars, of other solar systems. The Royal Blue provides the means for the Stars to be revealed. When the sun shines in the daytime, all receive its light and warmth which helps us grow.

**B32 Royal Blue over Gold "Sophia"** (shakes to Deep Magenta/Green) *Five of Wands tarot*. The Goddess Sophia is often called "Goddess of the Stars" but she has a myriad of other names and faces too. She is often shown with a circle of stars around her head - rather like The Empress in the tarot. Among other titles, she's regarded as the Supreme feminine entity by the Gnostic Christian Church.

(Listen to "Hail Sophia - Goddess Chant" on YouTube <http://www.youtube.com/watch?v=O7F5p7n-EYE>). This bottle is about the possibility of the wisdom that lies in the unconscious finally being realised. The Royal Blue in the top fraction shows a need for silence and introspection so that the wisdom within the gold can be revealed. Inner Communication is only able to take place when we interpret what is revealed, through the Heart. Unless the heart is engaged, it would be very easy to fall into egotism and spiritual arrogance and become "so Heavenly that we're no Earthly good."

There is the possibility that the 3rd Eye may become more active and higher intuitive senses experienced. This is not necessarily to do with becoming more "psychic", but rather about becoming more in touch with those levels of ourselves that exist within our subtle bodies. Within our subtle bodies is all the knowledge of our own soul and, of all humanity. When these are accessed, we begin to "see" more clearly and in very different ways from mere physical sight. Often, during moments of deep contemplation, prayer or meditation, the veil between worlds seems to slip away and, even if only for a nanosecond, and we may glimpse the Universe and ourselves, truly as One.

**B97 Gold over Royal Blue "Archangel Uriel"** (shakes to Deep Magenta/Green) *The return journey of The Sun tarot*. This bottle is about the discovery and utilisation of the Wisdom of the Ages and finding the Golden Angel within. It's supported by the deep tones of Royal Blue, showing that even when we have fully realised our true self, we still need to have quiet moments of solitude to maintain our connection with both Earth, (that little bit of Red in both Gold and Royal Blue,) and with Heaven, (the stars and the heavens above).

Uriel is often called "The Sun of God". When the sun shines, all bask in its golden rays. We all have the potential of becoming our own sun, radiating warmth and knowledge from within the depths of ourselves, supported by a deep inner "seeing" of what is. Our vision becomes not only 360° but interdimensional. As Angels are the messengers of God, this bottle implies perhaps, that we are each our own messenger and when we have touched something profound, it's not until we have fully embraced it within ourselves, that we are ready to share that knowledge with others. As always, this is only effective if interpreted and shared through the heart.

## AURA-SOMA LEVEL 4 STUDY GROUPS

After the Aura-Soma Practitioner Training levels 1, 2 and 3, there is The Bridge and after that, there is Level 4, which is all written work. Not hard stuff at all, really just a review of what you already know, and also an opportunity for you to share your own, unique, view of those things.

Level 4 is one of the pre-requisites for Teacher Training. Up until now, this level has proved a little bit of a hurdle for those who find written work difficult, but no more! Four of Australia's most experience teachers have formulated an on-line study group to help you through Level 4. Aileen Divine and Jenette Youngman, will be hosting an on-line programme via a Yahoo group and tele-conferencing, and Trish Michaels is also hosting a face-to-face group which will meet on a regular basis, in Adelaide. Marg Simon, of Aura-Soma Australia (our Distributors) and one of our very earliest Australian teachers who actually studied with Vicky Wall, is also taking part in this programme.

Aileen worked and travelled with Mike Booth for seven years. Being with Aileen is probably the closest we can be to actually being with Mike. She was the Course Director at ASIACT\* for four years and has an absolute wealth of insight and information to share about every single aspect of working within the Aura-Soma Colour Care System.

Jenette Youngman, and Trish Michaels are ASIACT Level 4 reviewers. Jenette has produced the Aura-Soma Resource Cards which we all find so incredibly valuable, and is also editor of the official Aura-Soma Australia magazine "The Kronicle."\*\*

Please don't fail to take advantage of these study groups, even if you're unsure about how much further you want to go with Aura-Soma. You will only gain by taking part in the study groups.

**For more information, or to register, contact:**  
Aileen: [amdivine@optusnet.com.au](mailto:amdivine@optusnet.com.au) 08 9893 1029  
Jenette: [jenette@optushome.com.au](mailto:jenette@optushome.com.au) 08 9893 1029  
Trish: [eview@chariot.net](mailto:eview@chariot.net) 08 8390 0419

\*Art & Science International Academy of Colour Technologies  
\*\* the official Aura-Soma Australia magazine.

## THE "KRONICLE" MAGAZINE

Although "Our Colourful Times" Newsletter is not dedicated to Aura-Soma, the Kronicle Magazine *is*. It's Aura-Soma Australia's official magazine and has many in-depth articles on the bottles, the tarot and the Qabalah, stories, sharings, poetry, adverts and *so* much more. The magazine really complements and deepens the teachings given in the training courses and keeps you up to date with everything that's new in Aura-Soma. It also has dates of all up-coming training and renewal courses with all the teachers, all around Australia.

To take out a subscription, contact Jenette Youngman  
[jenette@optushome.com.au](mailto:jenette@optushome.com.au) 03 9893 1029

## JOURNEY TO THE 4 LEVELS OF THE PSYCHE

with Patricia Morigan & Margaret Taylor  
Dance, movement, visualisation, story telling, music and drawing.

**DATE:** Sunday 25th May 2008

**TIMES:** 9:30am - 5:00pm

**VENUE:** SUBIACO ARTS CENTRE

**COST:** \$110 Please BYO lunch

**REGISTRATION:** closes 19th May

pmorigan@iinet.net.au or

Margaret@learningedges.com 04 007 003 48

## SUBHI & SUDEVA HAVE MOVED TO DENMARK!

(Southern WA that is, not Scandinavia.)

They are managing Bombina Cottages and are enticing us down to the southern WA coast with tales of forest trails, excellent cappuccino, and offerings such as Tibetan Pulsing, Counselling, Trager, Life-Coaching and Oneness Blessings. A total health retreat! Call Subhi or Sudeva on **(08) 9848 2144** Check out the cottages at [www.bombina.com](http://www.bombina.com)

**NB Sudeva will be in Perth Mon 12th and Tues 13th May to give sessions on Tibetan Pulsing or Counselling. Call Sudeva on 04 1288 0501**

## WANTED - FULL SET OF AURA-SOMA BOTTLES

If you know of anyone who wishes to sell their bottles, please contact Lee-Anne on 04) 0312-3077 OR [caerwen@iinet.net.au](mailto:caerwen@iinet.net.au)

*NB eBay is another good source to buy 2nd hand Bottles and other Aura-Soma products.*

**FULL MOON HEALING each month, with Pia, through investigating astrological influences.**

**Kingsley, 7pm - 9pm. \$25 Ph: 9309 2891.**

**Please call Pia for next date.**

## ART COURSES with Paula Bradley

### 1. SILK PAINTING FOR BEGINNERS

**Venue:** Kwinana. WA

**Time:** 10:00am - 1:30pm

**Price:** \$50 per day - all materials provided

### 2. 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

### 3. UNDERSTANDING COLOUR

**Venue:** Kwinana. WA

**Date:** Thursday 15<sup>th</sup> May and for the following five Thursdays

**Time:** 10:00 - 4:00

**Price:** \$60 per day - all materials provided

### 4. CONNECTING TO YOUR BIRTHDAY BOTTLE

with Tricia Rigo & Paula, combining their knowledge and experience in Aura-Soma, Numerology and Art.

**Venue:** A place to just be, Fremantle

**Date:** Saturday June 7<sup>th</sup> & 14<sup>th</sup>

**Time:** 10:00 - 4:30

**Price:** \$88 includes all materials

**ALL BOOKINGS: Paula 04 0582 0827**

## LIGHT BODY ACTIVATION with Soluntra King

**SAT 6<sup>TH</sup> & SUN SEPT 2008**

**AT KOOKUBURRA CREEK YOGA CENTRE, BEDFORDALE**

**SATURDAY 10am for 10.30am start to 6.30pm**

**SUNDAY 9.30am for 10am to 6pm**

*From Soluntra:* "We are now experiencing a huge paradigm shift and our bodies are awakening into our divine essence as we expand our awareness and go deeper into the stillness and peace within and through the crossover point of the Galactic Centre, as we align with the Central Sun. In these two days we will be working with the new light codes by inner unification, transmutation of duality and the illusion, activation and integration of the higher light octave chakras, light bodies, energy bodies and DNA, the Matrix of Light and embodiment of our multi-dimensional selves. We will be working in the stillness and void through the Galactic Centre and with the New Earth and dimensional doorways within your being and the Earth. Gaining awareness of the Central Sun and RA Light and Holograms of your love as the multi-dimensional being you are.

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

**Bookings:** [soluntra@evenstarcreations.com](mailto:soluntra@evenstarcreations.com) or

**Tricia 08 9354 7363** (Perth). By **AUGUST 15<sup>th</sup>** please, so Soluntra can have all books, mandalas and handouts ready in good time. More info, books, journeys, paintings, mandalas etc [www.evenstarcreations.com](http://www.evenstarcreations.com)

## JOURNEYS WITH SOLUNTRA KING

**1. CENTRAL AUSTRALIA - SEPTEMBER EQUINOX. FROM 4pm SUNDAY 21<sup>st</sup> - TUESDAY 30<sup>th</sup> SEPT**

*Eleventh Gate Anchoring at Uluru, Second Sun, Ra Light, Inner Earth Connection at Kata Juta, Central Sun Day at 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](mailto:soluntra@evenstarcreations.com)

EVENSTAR CREATIONS [www.evenstarcreations.com](http://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

## "A COSMIC RAINBOW" by Noëlle Leven

A real "bible" for all who love colour, containing a wealth of knowledge on many aspects of Colour Therapy. **\$35 each** plus postage, a **saving of \$50** on the original price. Can be posted to you anywhere. Order from Linda (07) 3878 5953 04 1331 1208 [linda@colouresonance.com.au](mailto:linda@colouresonance.com.au)

## SWAROVSKI CRYSTAL BRACELETS from

### A COLOURED UNIVERSE

Jenette & Aileen make the prettiest, sparkliest bracelets to match the Masters and Archangel Set of Aura-Soma bottles. They have recently brought out earrings to match, too. There's nothing like a little bit of light that you can actually wear, (OK - "bling!") but they are so gorgeous, and make such wonderful gifts, for someone else, or even yourself, that they're very hard to resist. Who wants a toaster for Mothers Day when you can have one of these bracelets? Go on, spoil yourself. You're worth it! Only **\$35 each plus postage. call (03) 9893 1029 or buy on-line at [www.coloureduniverse.com.au](http://www.coloureduniverse.com.au)**

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

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

Tricia Rigo, "Magenta Healing" **Rossmoyne**  
(08) 9354 7363 tricia\_rigo@yahoo.com.au

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

Margaret Tow, **Burswood** (08) 9472-5353  
04 0149 1300 divinelight20@hotmail.com

**SOUND HEALING WORKSHOPS & COLOUR THERAPY** Maxine Getley, **Rockingham**,

(08) 9593 5762

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

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

**REIKI TEACHER AND PRACTITIONER**

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

**REIKI TEACHER AND PRACTITIONER, MASSAGE & AROMATHERAPY** Jana Jensen, **Riverton**

04 3131 6207 [jjensen.dacc@inet.net.au](mailto:jjensen.dacc@inet.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](mailto:jenny.bertram@hotmail.com)

**REIKI HEALING, THETA HEALING, REFLEXOLOGY**

Rada Vlatkovic, **East Victoria Park**,  
(08) 9470 2640 [arda.vlatkovic@bigpond.com](mailto:arda.vlatkovic@bigpond.com)

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

**REIKI TREATMENTS & TRAINING, VISUAL ART, MASSAGE** Jennie Newman, "Art Beyond Boundaries"

**Bassendean** 04 0823 7864 [jennien@westnet.com.au](mailto:jennien@westnet.com.au)

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

Merlinda Reed "Angels of Colour & Light"  
(08) 9399-1614 (04) 0079-5456

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

(08) 9454 6934 [TARMAZ@bigpond.com](mailto:TARMAZ@bigpond.com)

**AURA-SOMA, REIKI TEACHER, MAGNETIC HEALING, VIBRATIONAL ESSENCES** Gloria Griffiths

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

**COLOUR HEALINGS, REFLEXOLOGY, REIKI & WORKSHOPS** Jo-Anne Kinnear, "Sunwalker Healing",

**Mt Hawthorn**. (08) 9201 1826 04 19931848

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

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

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

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

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

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

**CHAKRA DANCE, COLOUR THERAPY HEALINGS, AURA-SOMA COLOUR, REIKI** Shirley Tonkin,

**Albany**, 04 0968 8434 [stonkin@chakradance.com](mailto:stonkin@chakradance.com)

**AURA-SOMA, COLOUR THERAPY, REIKI TEACHER, CIRCLE DANCING** Lillian Haagensen, **Joondana**.

(08) 9444-8476 04 1290-0504 [ljhaag12@dodo.com.au](mailto:ljhaag12@dodo.com.au)

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

04 1129 0024

**AURA-SOMA TEACHER TRAINING**

We are so fortunate now to have a Teacher Trainer actually based in Australia. If you have fulfilled all the current pre-requisites and are considering taking Teachers Level 1, why travel half way across the world, when you can complete this course in your own country? If you're not sure about the pre-requisites, call Aileen for more details.

**Aura-Soma Teacher Training**

**Teachers 1 in Melbourne: August 25 - 30 2008**

**Presented by Aileen Divine**

**Venue & cost TBC. Pre-requisites apply.**

**Reserve your place now.**

Re-sits available tuition free.

Please contact Aileen for further information.

03 9893 1029/0410 620 972

[amdivine@optusnet.com.au](mailto:amdivine@optusnet.com.au)

**COLOURS OF CHANGE**

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## THE REIKI PAGE

### REIKI & PREGNANCY

From time to time, teachers are often asked if Reiki can be used in pregnancy. The answer should always be "Yes, of course." **There are no contra-indications for Reiki, despite rumours to the contrary!** Divine, Unconditional Love cannot possibly hurt anyone, and that's what Reiki is.

A busy working mum, a mum with other children, a nervous first time mum - all benefit from Reiki treatments, and so do the babies. Self-Reiki and Reiki treatments ease morning-sickness, acidity and general health. It helps both mother and baby relax throughout all stages of pregnancy, birth and during all stages of post-pregnancy and baby's growth.

It will also help prevent or ease any post-natal depression, because it keeps us balanced on all levels of our being. This means the chakras and endocrine system particularly. Hormones don't go raging out of control, and this enables the new, or very busy mother, to remain calm and centred, physically, mentally, emotionally and spiritually, no matter what the day brings.

Reiki is a beautiful thing. A real blessing for humanity. It seems such a pointless task to try to build fear around what is only God's Love. Reiki is merely a way of opening up to the Unconditional Love & Unity that we are, and which flows throughout the whole Universe.

### REAL HEALERS

What are they? How are they different from any other healer? Real Healers know that they do not "heal". Real Healers know that we are but an instrument to tap into and direct, a little bit, Universal Unconditional Love. It's Cosmic Love that comes through us, not from us. Everyone can do it, some of us just need to be shown how, but it's there for all to use.

Djwal Kuhl exhorted us to show "lovingkindness" and, in essence, this is what we do when we give someone a Reiki treatment. Real Healers know, that just by allowing someone "a moment", to lie down, relax and breathe, that we can take them to a place, a space, where they can step into their own power and begin to heal themselves. Real Healers empower others. Real Healers work through the heart, not the head. They do not fear, they only work in Unified Cosmic Love. Where Love is wholehearted, fear cannot survive.

### REIKI & MASTERY

You may have noticed a trend over the last few years, where we have begun to drop the title "Reiki Master" and are now using the more appropriate "Reiki Teacher"

The word "Master" immediately implies we have conquered something (or someone). The title of Reiki Master in particular, implies that we are masters of something which, by its very essence, is un-masterable!

The word "Master" also implies that we have mastery over others, that we are somehow better than they, that we are more powerful and more wise. (Most teachers - of any modality - will be really chuckling by now!!) Of course, we're not. All we have, is a little more training, and a little more experience to share, nothing more.

Even the Ascended Masters have no sway over humanity. Many now realise that mastership has been conferred upon them because, after many, many incarnations on this planet, they finally managed to master the human condition and were not required to incarnate any more, except by their own choice. Many of them have chosen to stay within a coo-ee of humanity, however, so that they can assist us, when called upon, to help us achieve the same goal. They never impose, they only offer. When they work with us, as they certainly do, they come as "friends in lovingkindness" not as Masters.

This is hopefully how all teachers approach their teaching - in the spirit of love and kindness. It is truly such an honour for anyone to bestow upon us - to be asked to assist them in their spiritual journey. For most teachers, this is incredibly humbling and heart-opening.

Reiki was brought into the world by a very humble man, a lay-monk, a Tendai Buddhist, who was never addressed by any title other than, "Sensei" which means "respected teacher". If the title of "Teacher" was good enough for the founder of Reiki, it should certainly be good enough for the rest of us.

And so it is.

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