

# Our Colourful Times

*Discovering how and why Colour affects us and reflects us.*

Colour Resonance Newsletter

Issue 79

AUGUST 2008

## COLOUR & THE HUMAN BODY

It's no news to most of you reading this Newsletter that our Chakras and Etheric Body are closely aligned to our physical, mental, emotional and spiritual states, through colour. Our physical body, Chakras and Subtle Bodies are a unique transceiver system, all sending and receiving information from our earthly self to Soul, and from Soul to our human form. This information is vibrational - as is colour. When we are out of balance, the messages and the colours in our Auric Field become somewhat unclear and rather scrambled. (Like eggs, but not so nice!) When all is in balance, vibrational information and aura colours become much, much clearer, and Colour Therapy is a wonderful tool to restore that equilibrium.

The Chakras are not only linked our major organs, but also to their relevant endocrine gland. The Endocrine System is responsible for the production and distribution of those tricky little chemicals called hormones. Like our subtle bodies, the Endocrine System also works on a transceiver basis - or more accurately, a bio-feedback system - which continually sends and receives hormones to the other endocrine glands to ensure good physical, mental and emotional health.

As we go up the body from feet to head, the area governed by each Chakra and its associated colour, gets smaller. The Red area, governed by the Base Chakra is the largest, with the Violet/Crown Chakra area being the smallest. We see this reflected within the colour spectrum too. Red wavelengths are longer, slower and further apart ("larger") whilst violet wavelengths are shorter, faster and closer together ("smaller").

Through menstruation, pregnancy and childbirth, women, know only too well what happens when our hormonal balance becomes wildly out of kilter. We may joke about PMT and Menopause Monsters but for those who are going through it, it's not funny at all. Men also suffer hormonal imbalances and recent research has shown that hormonal imbalances, in both men and women, may often lie at the root of depression and even schizophrenia. Yogis have known for centuries that it's just as important to keep our internal organs and glands healthy, as it is our muscles and joints. This is where Yoga shines over other exercise regimes because it specifically targets major organs/endocrine glands/chakras through each posture.

If we are healthy inside and out, then our mental and emotional states naturally follow. Imbalances manifest physically as the last resort, not the first, so we can be very sure that when physical symptoms are present, it's way past time for us to pay attention to our subtle selves. Just to keep us on our toes, however, sometimes it's also true that there are also times when a sore toe is simply a sore toe! Whether our Chakras are spinning too fast, too slow, frozen open or closed, colour can help "remind" it of it's correct frequency and rotation, and thus restore balance. On **page 2**, we begin our journey through the human body to see how colour can assist us in achieving inner and outer health.

UPCOMING AT COLOUR RESONANCE  
[www.colourresonance.com.au](http://www.colourresonance.com.au)

## COLOUR HEALING TREATMENTS

**From 18th August to 5th Sept only.**  
**Chakra Massage \$50 (usually \$70)**  
**all other sessions only \$45**

### CHEAP AS CHIPS WORKSHOPS!

In response to the current financial climate, I'm offering a mini-course and 2 workshops at very affordable prices. These are scheduled for Oct/Nov, after my return from UK.

#### 1. HEALING WITH COLOUR

Basic 6-week course on the use of colour to bring the body, mind and spirit back into balance, and maintaining it. There is no need to be out of sorts to enjoy a Colour Balancing! This short course is ideal for those who already practice a modality and would like to add a Colour to it or, for those who would like to know a little more about Colour Therapy before embarking on a more in-depth course.

Each Tues evening beginning **28th October** 2008.

**\$20 per session.**

28<sup>th</sup> Oct; 4<sup>th</sup> Nov, 11<sup>th</sup> Nov, 18<sup>th</sup> Nov, 25<sup>th</sup> Nov 2<sup>nd</sup> Dec.

Week 1 – Colour & the Chakras. Basic Colour Info.

Week 2 – Colour Meditations

Week 3 - Body Scanning with hands and pendulums

Week 4 - Using silks and lamps

Week 5 – Using Crystals and sound

Week 6 - Using Aura-Soma® oils and essences

#### 2. DANCING THE RAINBOW

**WHEN: Sunday 26th October 10am - 4pm**

**COST: \$30 (or bring a friend \$25 each!)**

Let your body tell its own story as we move through the colour spectrum. Allow your Inner Choreographer to express itself as Red, Orange, Yellow, Green Blue, Indigo, Violet and Magenta, by drawing its inspiration through the stimulation of the senses. BYO lunch

#### 3. THE SACRED SOUNDS OF YOUR NAME

**WHEN: Sunday 16th November 10am - 4pm**

**COST: \$30 (or bring a friend \$25 each!)**

A beautiful workshop to validate who you are upon Earth by hearing unconditional love for you expressed in intuitive sounds. Listen to how absolute strangers see your inner beauty. This is a perfect workshop for those (like me!) who can't sing and can't play an instrument, as well as those with angel voices and gifted fingers. We'll be using Crystal Bowls, Tibetan bells and bowls, Elfen Chimes, toning, singing, crystals, silks and Aura-Soma. BYO lunch.

**VENUE: my home in Fig Tree Pocket.**

**BOOKINGS: Linda 3878 5393 04 1331 1208**

## RED & THE HUMAN BODY

Colour Therapy is a very ancient and very effective modality, but like all complementary therapies, it should not be used alone in cases where a medical diagnosis is obviously warranted.

In this series, we won't be looking just at the common aspects of Red we know so well but, much more particularly, at the way Red acts and reacts within our physicality.

Red relates to the Muladhara Chakra (Mula = root, Adhara = base/support.) The areas governed are the spine, lower pelvic area, external sexual organs, urethra, prostate, anus, anal canal, hips, legs and feet, wrists, hands, blood and circulation.

Traditionally, the Base Chakra is also assigned as governing the kidneys and adrenal glands, because the urethra is the point of exit for fluids excreted by the kidneys. In modern Colour Therapy, however, the kidneys and adrenals are more often associated with the Solar Plexus and the colour yellow. This is because, physically, the kidneys and adrenals are situated in the "yellow area" and, medically, the Solar Plexus is part of our autonomic nervous system which governs adrenal gland secretions. Interestingly, the adrenal glands, which sit on top of the kidneys, are responsible for our energy levels, so we can see another connection there to Red. Practitioners may well find that both Red and Yellow need to be used where low energy is a problem. Dinshah recommends Lemon on the whole back area where adrenal activity is low, but depending on the presence of certain other conditions, says Scarlet or Magenta may also help.

If our Red area is out of balance in any way, some of the physical symptoms we may experience are stiff joints or arthritis in our spine, legs, feet, hips or hands. We may also suffer from anaemia; breathlessness, chronic fatigue; poor circulation; varicose veins, low blood pressure; low sex drive; constipation and haemorrhoids.

In the case of anaemia, fatigue and breathlessness, it's first necessary to know what's causing it, as this may mitigate treatment. For instance, when our red cell count is low, the body doesn't get enough oxygen and this causes severe breathlessness. Red may be the answer, but low energy is also caused by an imbalance in the adrenal glands and, in that case, yellow would work better. Red will certainly promote the production of more red blood cells to oxygenate the body, and will also increase energy levels by inducing a heating effect through the process of ionisation.

Ionisation occurs when salt atoms (sodium chloride ions) start decomposing within the body when heated. As they decompose, a mini electrical charge results, which is what increases our energy/heat levels. Salt is one of the few minerals that has an energetic (electrical) rather than a chemical reaction. We know that we should keep warm, rest and take fluids when we have a cold and Red definitely helps us to stay warm by increasing heat and circulation through ionisation. In the case of varicose veins, and fever, however, blood pressure and body heat needs to be de-created not in-created.

Red stimulates the liver to aid the absorption of iron which helps in cases of anaemia and fatigue. Not all cases of anaemia are caused by low iron, however, and it's usually found to be a symptom of another, perhaps undetected, condition. Iron deficiency itself is sometimes the underlying cause of restless legs syndrome. Taking iron supplements is not the answer, as too much iron can cause haemochromatosis, and could seriously damage the liver and other organs and tissues.

Using Red on the Base Chakra area is a much safer option to energise someone than taking supplements willy-nilly, as Red will stimulate the Base Chakra in a gentle way, so that all its associated organs, joints and tissues, simply return to their normal, balanced state. The only time Red wouldn't be used in this area, is where physical inflammation or infection of any kind is present ie haemorrhoids, vaginal thrush/candida or cystitis. Dinshah recommends Green for inflammation, Lemon for thrush and Indigo for cystitis. Violet may also be useful for thrush (Gentian Violet is an old remedy for this condition.)

Whenever we discuss the Red/Base Chakra area we cannot, and should not, avoid talking about sexual issues. These are often, and quite literally, at the root of many relationship and psychological difficulties. In two extremes, an over-stimulated Base Chakra can result in promiscuous sexual behaviour, whilst a sluggish or closed chakra will result in low libido or even frigidity. There can, of course, be issues of physical or sexual abuse and trauma, but it would be quite wrong to assume all Base Chakra imbalances have this as the cause.

Problems with the feet may point to difficulties in being or staying grounded and a reluctance to being upon the Earth at all. This is often accompanied by an inability to be enthusiastic about anything and is often displayed by the starting of many ventures, but the completion of none.

Difficulties around the knees are often caused by blocked energy, and the knees are spectacularly good at doing this. Whenever we are stuck in our lives, our knees will show it. Hip problems might well occur when we aren't really happy with the way we walk and work in the world, or when we stay where we are through complacency. If we don't keep moving, literally and figuratively, stagnation will always occur.

Red makes us active and awake so if sleep problems and stress are present, keep Red and all strong, bright colours out of the bedroom. This is particularly true for colicky babies and stressed out adults.

### **Red aids that will help Red conditions:**

*These have been kept deliberately general as using colour therapy, herbs, aromatherapy and Aura-Soma in particular, does require some basic training at the very least.*

*Use all Red crystals; Red silks; Red filter in a Colour Therapy lamp or torch; Aura-Soma Red pomanders, quintessence, essences, Equilibrium oils and Beamer Pen; Red foods and any food that has a good iron content; juices that contain parsley, beetroot, ginger, cayenne or chilli; colour breathing with Red; Red clothes and décor; aromatherapy oils with Red tones; Musical note C and most deep-toned instruments ie didgeridoo.*

Whilst there's a great deal of nonsense often promoted via contra-indications, the one I do endorse is caution in the use of Red above the waistline. Always be a little judicious when using Red, as it really is the power colour. Anyone with a heart condition, high blood pressure or severe stress should generally stay right away from Red, especially when worn or used above the waist. In some cases of anaemia, high blood pressure may also be present. Although it contains a lot of Red, Magenta has a much different vibration to Red and is sometimes the perfect answer when anaemia and blood pressure occur together. Red can, instead, be worn or used on the feet to assist energy levels, then teamed with its complementary of medium to pale greens worn/used above the waist to reduce blood pressure and stress.

A balanced and harmonious Base Chakra, gives us the strength and stamina to walk and work in the world as vibrant beings, full of purpose and determination, with passionate sexual energy and the ability to awaken others through our enthusiasm and drive!

## THE REIKI PAGE

I'm always amazed at how the topics for this page present themselves. The result of a casual conversation with a friend at the weekend has prompted this month's article.

There has always been a little controversy in Reiki and, in a sense, that's healthy. The very worst thing that could happen is for Reiki to become totally stagnant. Almost from the beginning, there have been students who have taken the "fast track" approach to giving and receiving Attunements, and those who prefer a slower and more comprehensive version. This isn't about putting one down and promoting the other, but let's take a practical look at what fast-tracking may cost us in terms of our spiritual progress.

There is no doubt that humanity is raising its personal vibrations more quickly than ever before. We are ready far more early than our predecessors when it comes to assimilating new energy. *However*, (oh yes, there's always a "but", isn't there?) No matter what promotes our "up-vibing", this fact is still true; we still need time to fully assimilate any new energetic codings into our physical and subtle structures. We usually need a little more than just a few hours or a day, even now. If we take multiple Reiki Attunements - Reiki I, II and IIIa in a single day - there simply isn't time to either honour or assimilate the process, so we aren't able to have the time we need to fully integrate the new energy into our physical and subtle bodies. We may also miss out on the sacredness of the ceremony and the honouring of the event. These are still far more important to humanity than some of us realise. Taking Reiki I, II and IIIa all together may sound brilliant but it may actually rob you of valuable insights and experiences.

There is no point in hurrying the Attunement process. There is so much richness to be found, for instance, in the absolute simplicity of Reiki I. When the Reiki levels are taken separately, it allows for certain processes to occur, that might not, when we rush things. To share a personal experience, I had the most amazing past life regression when I took Reiki I, and then began channelling colour through my hands in Reiki II. Both events occurred on the second day of a weekend course and, if you speak to people who have taken Reiki over 2 days, or several evenings, they will have similar experiences to share. It's not the fabulous experiences we "get" that's important here, but rather the understanding that we need to give certain things enough time and space to fully flower.

We also miss out when we shorten the process of learning and practising the hand positions, symbols, and distance healing. Although the Attunement process itself is actually quite short, time is always needed for students to practise whilst a teacher is on hand to assist. The larger the class, the longer the time needed, or at least several short day or evening sessions where students can come together to practise. This is not at all about "getting it right." That's not the issue, it's just that we will be a lot more comfortable and relaxed in our healing practices when we're completely familiar with them. This is as important for the client as it is for the practitioner.

In Japan, it's not about taking a certain level and then practising it, but practising every day until you *reach* a certain level. In the west, we kind of do it back to front. It's true, however, that the clearer the energy flows, the clearer we become. This is the real basis for not combining Attunements. There's no need to. I have known people who have only taken Reiki I and who have become the most tender and powerful of healers. It's not the level they've taken, but their devotion, passion and unconditional love in doing what they do, every day.

They are constantly in the flow of Divine Energy and, therefore, constantly up-vibing. That's the real secret. To stay in Divine Energy. Those who practice self-healing every day can easily attest to this.

There is no doubt that Attunements assist our progress, but it's much more honouring when we wait for "the Call" to take the next level. This may be the week after the last Attunement, or a year, but gobbling up Attunements en masse just to "get the boxes ticked" may actually work against us in the end. We need to really feel that energy moving through us, and assimilate it into our cellular structure, our Chakras and our subtle bodies. For some, this may well be almost instantly, but they are likely to be in the minority, even now. Although we're moving quickly, we still need to honour our progress, ensuring we are fully present to what is happening to us energetically, at every moment.

I have had students come to me who have previously fast-tracked. They may have come just for a top-up or repeated a whole level. In every case, they have been able to experience Divine Energy at a level they have never previously reached, simply because the process was honoured, not rushed. This isn't because of their teacher, but simply because they had time to absorb what it was that had been activated.

No matter how much we evolve, we will always benefit from including ceremony around anything we do as this also increases our spiritual vibration. No matter how humble the venue, making it a clear, clean, sacred space in which to hold Reiki Attunements (or any other kind of spiritual work,) sets the whole tone of the event. This will always be important. The space chosen should positively emanate the energy that will be shared. Using flowers, material, candles, crystals and incense, could be all too easily dismissed as unnecessary, but, there is more at issue here than mere decoration. Creating sacred space honours the event, the Originator (in the case of Reiki, Usui Sensei,) the teacher-facilitator and the students. When we allow for honouring, then gratitude naturally follows. When we are in gratitude, we are in our heart.

Becoming a Reiki Practitioner is an honourable thing. Becoming a Reiki Teacher, even more so. To become both in a single day is simply not honouring what is being given or received. Even these days, when energy and evolution is speeding up, there are some things that have a natural pace, albeit an increasing one. It still takes, not only time, but experience to become a teacher of anything, and Reiki is no exception. In all modalities, it's necessary to work as a practitioner for some time before it's possible to teach the subject successfully. This allows time for us to experience all the myriad conditions and reactions that might take place during treatments. These experiences are something that we can then pass on to our students when we become teachers. The straight fact is, we cannot teach what we have not learned.

So, no matter where we are on our spiritual path, taking time to listen for "The Call" will make each step we take with Reiki, so much more meaningful. When we are as present as possible to everything we do; taking an Attunement, giving a healing, listening to Higher Self, feeling Divine Energy becoming finer and finer as it flows through us, then we will not miss a single thing.

The truth is, if we rush into spiritual practices, so that basically we're just "ticking the boxes" then, when the real moment comes for us to step up, we may find that we're not quite as ready as we thought. So don't rush it. Remember the Hare & the Tortoise. Allow Divine Timing to work its magic and don't be in so much of a hurry that you get left behind! And so it is.

## PRACTITIONERS' CORNER

*If you have been a student of Colour Resonance and would like to be included in this Directory, please let me know. Hopefully, it won't be too long before Brisbane Colour Resonance students are shown here too!*

### WESTERN AUSTRALIA

**REIKI HEALING, THETA HEALING, REFLEXOLOGY** Rada Vlatkovic, **East Vic Park**, (08) 9470 2640 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

**AURA-SOMA COLOUR, EARTH HEALING, WORKSHOPS, COURSES, MEDITATION** Merlinda Reed "Angels of Colour & Light" (08) 9399-1614 (04) 0079-5456

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

**CHAKRA DANCE, COLOUR THERAPY HEALINGS, AURA-SOMA COLOUR, REIKI** Shirley Tonkin, **Albany**, 04 0968 8434 stonkin@chakradance.com

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

**REIKI** Tara Mazzuchelli, **High Wycombe**, (08) 9454 6934 TARMAZ@bigpond.com

**REIKI TEACHER AND PRACTITIONER** Christine **Mandakini** Sacha, **Beaconsfield**, (04) 0452-5581

**ART/SILK PAINTING COMMISSIONS/CLASSES, AURA-SOMA COLOUR, COLOUR THERAPY** Paula Frances Bradley, **Fremantle**, 04 0582 0827

**REIKI TEACHER AND PRACTITIONER, MASSAGE & AROMATHERAPY** Jana Jensen, **Riverton** 04 3131 6207 [jjensen.dacc@iinet.net.au](mailto:jjensen.dacc@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](mailto:jenny.bertram@hotmail.com)

**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

**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

**AURA-SOMA COLOUR, COLOUR HEALING, REIKI, COUNSELLING, WORKSHOP FACILITATOR** Tricia Rigo, "Magenta Healing" **Rossmoyne** (08) 9354 7363 [tricia\\_rigo@yahoo.com.au](mailto: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](mailto:divinelight20@hotmail.com)

**SOUND HEALING WORKSHOPS & COLOUR THERAPY** Maxine Getley, **Rockingham**, (08) 9593 5762

**SOUND & COLOUR, REIKI, PRANIC, INTUITIVE HEALINGS, HYPNOTHERAPY** Maureen Stephenson "Emergence @ Chrysalis" **North Perth** (08) 9328 5021

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### "COLOUR BOTH AFFECTS US AND REFLECTS US"

Colour is all around us every day and, as vibrational beings, humans have a unique response to the wavelengths of colour. It's the only part of the electro-magnetic spectrum that we can actually see and it would be very hard to image a world without any Colour at all. Colours cause a strong emotional as well as psychological response, and most of us are very adamant about the colours we love and those we don't.

Everything in our universe vibrates through atoms and molecules performing their infinite dance of action and reaction. The human body is no different. Our whole structure vibrates, not only the organs, muscles and joints etc, but our cells too. Our cellular structure is uniquely linked to our Chakras and subtle bodies and contains the "blueprint" of who we are at Soul level. They also have an interdimensional aspect and we'll hear more about this as scientists pursue "String Theory". It's because our cells hold our whole incarnational history that certain vibrations cause a sympathetic response within us. We see this reflected most clearly in the colours we choose, and the ones we refuse.

The human psychological response to colour is subtle, but profound. When we are faced with an array of colours, there is often a "leap of the heart" when our eyes alight on one particular colour. When we continually choose that colour to wear, or to decorate our homes, it becomes a reflection of who we are.

## EASTCOAST COURSES & EVENTS

Please contact facilitators directly for details and bookings.

### AURA-SOMA LEVEL 3 with Vicki Engeham on Magnetic Island, Qld

**Dates:** 5<sup>th</sup> – 10<sup>th</sup> September 2008 (arrive Thurs 4<sup>th</sup>)

**Bookings:** Tricia Sharkey 04 1983 4817

email [tricia@rainbowwings.com.au](mailto:tricia@rainbowwings.com.au)

Vicki Engeham's book on her fabulous Aura-Soma Chakra Massage technique is now available. Retail price is \$36.95. *Discount applies for Aura-Soma students and practitioners. Please order through your usual channel.*

### REIKI I & II with Susan Davison

The Gap, Brisbane

#### REIKI I

16<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup> Sept 6.00pm

#### REIKI II

21<sup>st</sup> September 8.30am

[susandavison@tpg.com.au](mailto:susandavison@tpg.com.au) 04 3815 1600

### SELMA ILIFFE & "MIRANDA" the Crystal Skull Uki, NSW

To arrange a private sitting with "Miranda" or to receive a crystal keys healing session, call Selma  
**04 2751 7891**

### Womens' Courses and Workshops

with ELIZABETH BRADFIELD-LOTSCHER

**Women's Body Wisdom 6 week course**

Thurs nights beginning 9th October 2008

**Mother Song 7 weeks course**

Wed nights beginning 15th October 2008

at Fig Tree Pocket, Brisbane

**Enquiries: (07) 3379-1891**

### AT THE LYELL DEER FARM Mt Samson, Qld

Full Moon Drumming, New Moon Womens' Circle, Medicine Drum Workshops, Peace Fire, Sweatlodges, guest presenters and heaps more.

**Maureen & Des Pickstone**

**LYELL DEER FARM** 5 Lyell Court, Mt. Samson. Qld

Ph 3289 4270 Fx 3289 4334 Mob 04 0209 2741

Email: [info@lyelldeerfarm.com](mailto:info@lyelldeerfarm.com)

Website: [www.lyelldeerfarm.com](http://www.lyelldeerfarm.com)

*If you're looking for a workshop, or you're a workshop provider, check out **Weekend Workshops**. It's one of the best communal sites I've come across, with heaps of room for you to express yourself on your very own page.*

<http://www.weekendworkshops.com.au/>

### PAMPERING AFTERNOON AT WOMENSPACE,

**Date: Sunday 17th August, 12noon to 6pm**

Select your very own pampering package

from \$40, \$55, \$70, or \$85

\$10 Discount if you bring along a friend.

Choose from massage, healing and inspirational fun-filled group activities, ranging from Belly Dancing, Fun 'n Fitness to Meditation with professional and qualified practitioners. Include a clairvoyant reading or connect with your angels and guides, as you create a work of intuitive art, with Renowned Visionary Artist, Juliette West.

Bookings essential: Ph **Karen Hilder 3269 8252**

[www.aspirationsretreat.com](http://www.aspirationsretreat.com)

### AURA-SOMA BEAMER LIGHT PEN COURSE

**LEVELS 1 & 2** with Shanto Dorcey

Tamborine Mountain, Qld.

Co-ordinator: Deb Husbands

**LEVEL 1 Sat 27th Sept -Tues 30th Sept (inc)**

**(LEVEL 2 Wed 1st Oct - Sat 4th Oct (inc))**

(NB: Aura-Soma Level 1 Foundation Course is a pre-requisite for Beamer Pen 2.

**COST:** \$850 for one course, \$1600 for both

**VENUE: The MET Centre, 84 Eagle Hts Rd, Eagle Heights. (Tamborine Mountain)**

Bookings essential: Deb needs to know numbers *asap* please.

**(07) 5545 1162 [deb@hopeville.com](mailto:deb@hopeville.com)**

### WOMENSPACE - Kedron, Qld,

**Meditations, Meetings and Workshops.** A beautiful space for women to come together. There is an extensive library and various rooms for hire. To receive the Womenspace Newsletter contact Womenspace direct.

**Glenys McChesney-Clark, Coordinator 3357 7444**

**Womenspace, 12-14 Homebush Rd, Kedron 4031**

**[www.womenspace.org.au](http://www.womenspace.org.au)**

### THE GIFT - SHARING CIRCLES COST: \$5

**DATE:** Thurs 14<sup>th</sup> Aug 2008

**TIMES:** 6.30pm arrival for 7pm start.

**VENUE:** "Womenspace" Kedron

**CONTACT:** Rose Ph: 0408 199 687 or 07 3357 7903

or email: [roseweaver9@hotmail.com](mailto:roseweaver9@hotmail.com)

### THE GIFT IN MULIMBIMBY, NSW

**26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup> September 2008**

8.30am to 8.30pm each day.

The cost for this non-residential event is \$795 and your place is secured by a non-refundable, non-transferable deposit of \$400

For more information

Vanessa Behne 02 6684 1177 or 0402583279

Email: [vbehne@aapt.net.au](mailto:vbehne@aapt.net.au)

Sahaja Samarasa 02 6687 2291 or 0403881696

Email: [sahaja.samarasa@gmail.com](mailto:sahaja.samarasa@gmail.com)

## WESTCOAST WORKSHOPS & COURSES

Please contact facilitators directly for details and bookings.

### AURA-SOMA GET-TOGETHER FREE!

If you're feeling a little out of touch with Aura-Soma, or want to deepen your current level of training, please come along to this relaxing and informative afternoon. All Aura-Soma practitioners and students are welcome.

**DATE:** Sat August 16th **TIME:** 2pm

**VENUE:** Kalamunda

**CONTACT:** Janet on 9293 4528 or Tricia 9354 7363

### COURSES with Claire Belton

#### 1. THE HEALING JOURNEY

Sunday August 24th 2008.

Breathwork, healing yoga, movement, and mindfulness to guide your life and bring peace, joy, clarity, direction, emotional and physical healing. Cost: \$150.00

#### 2. YOGA CLASSES with Claire

in Applecross, Coogee & East Fremantle

Please call Claire for time, venues etc.

#### 3. LEARN TO MEDITATE and more...

6 Tuesday evenings 7.30pm - 8.45pm

Starts August 19th 2008 Cost: \$155.00

learn and practice different techniques that include the use of breath, sound, mantra, and movement.

Venue: Waylen Bay Scout Hall, The Strand, Applecross

**Contact Claire Belton 04 0890 9779**

[claire@clairebelton.com.au](mailto:claire@clairebelton.com.au) [www.clairebelton.com.au](http://www.clairebelton.com.au)

### HONEYTIME WOMENS' RETREAT

with Shirley Tonkin & Deborah Devitt

**DATES:** 15-18 August 2008

**VENUE:** Kendenup, Southwest WA.

Energy Art Therapy, **Chakradance**, Journaling, meditation, massage, pranic healing, colour therapy, spa sauna, organic vegetarian cuisine and much more. Rates vary.

[www.lunaretreats.com](http://www.lunaretreats.com) Deborah **08 9848 3529**.

### THE ESSENCE OF MUNAY KI

with Claudio & Sa Silvano

The nine rites of the Munay Ki are energetic and shamanic initiations into mastering the Song of Life.

PART I Sat 6<sup>TH</sup> & Sun 7<sup>TH</sup> Sept 9am-6pm \$300

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PART III Sat 18<sup>th</sup> Oct 6pm - late \$100

*Pay only \$600 if total course paid by 15<sup>th</sup> Aug (save \$100)*

Claudio or Sa: 04 1274 7096 [munayki.au@gmail.com](mailto:munayki.au@gmail.com)

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

### A JOURNEY INTO THE RAINBOW GODDESS

with Tara (formerly Fleur Jeffries)

Applecross Scout Hall

**DATES:** 6th and 7th of September

**COST:** \$395

**CONTACT:** Tara **02 6680 4592**

[wondrouscreation@bigpond.com](mailto:wondrouscreation@bigpond.com)

### YOUR BIRTHDAY BOTTLES

with Paula Bradley & Tricia Rigo

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

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**Cost:** \$88 (all materials included)

*Numbers limited to 10*

**Tricia: 04 0964 8827 Paula: 04 0582 0827**

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Walk in the right direction the easy way Two Days to say Yes to your Life

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Email [atmosudeva@gmail.com](mailto:atmosudeva@gmail.com) now

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### LIGHT BODY ACTIVATION with Soluntra King SAT 6th & SUN 7th SEPT 2008

**Deposit due now!**

**KOOKUBURRA CREEK YOGA CENTRE, BEDFORDALE, WA**

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

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

**COST \$350** (includes both days, "Light Code Activations" book, notes and Mandalas.) **Deposit req: \$100 by August 15<sup>th</sup>**

**please Early Bird Special if paid in full - \$335.**

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

By AUGUST 15<sup>th</sup> please.

More info, on books, journeys, paintings, mandalas etc

[www.evenstarcreations.com](http://www.evenstarcreations.com)

**ALSO**

### JOURNEYS WITH SOLUNTRA KING

#### 1. CENTRAL AUSTRALIA - SEPTEMBER EQUINOX.

**4pm SUNDAY 21<sup>st</sup> - TUESDAY 30<sup>th</sup> SEPTEMBER 2008**

*at Uluru, Kata Juta, Kings Canyon, Central Australia.*

#### 2. 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)

Website: [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

### FULL MOON HEALING with Pia Forbes

**DATE:** **Sunday 16th August** 7pm - 9pm

**VENUE:** 39 Drayton Green Way, Kingsley

**COST:** **\$25** Bookings required

**PH:** 9472 4484 9309 2891

### AURA-SOMA LEVEL 1 FOUNDATION COURSE

with Paula Milner \$600

**WHERE:** Birdsong B&B, Dunsborough, WA

**WHEN:** Saturday 18th to Thursday 23rd October

Accommodation available

**CONTACT:** Paula 04 1792 3374

email: [dpmilner@inet.net.au](mailto:dpmilner@inet.net.au)

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**PH: 07 3878 5953 MOB: 04 1331 1208**

**EMAIL: [linda@colourresonance.com.au](mailto:linda@colourresonance.com.au)**

***Don't forget to let me know if you move house,***

***or get a new email address!***