WELCOME TO RAINBOW CRYSTAL JOURNEYS!

Week One

Introduction

Throughout my life, and maybe in yours too, colour has played such an important role.

I first noticed this many years ago after a big healing event in my life, that I craved the colour green. Green clothes, green food, green walls, curtains etc. My heart had been broken through a marriage break-up and my whole being was trying to mend, to come back into balance and harmony. I needed the support of the green frequency. Not only to help bring some harmony back but also to channel a new direction and to become more of myself than I had been before in the confines of the marriage.

Colour frequency is energy. Everything in the Universe/Creation is made of energy frequency. The vibrations of colour frequencies are light photons that we receive and perceive through our eyes.

As with crystal energy frequencies, we entrain our energy to the colour vibration we are needing at any one moment in order to come into balance.

This is why, it is rare that we would have a favourite colour for our entire lives.

However, our Soul Essence – that is our pure energy vibration often carries a colour frequency that is akin to our Soul Blueprint. This is how I see the Soul – often in a colour mandala which is usually a pale colour or hue. This word hue is synonymous with the word hue-man. For we, as Cosmic Rainbow Beings are a container for Light, Sound and Energy. We are the rainbow Hue-man Beings returning to a higher frequency of energy and Light.

We may have particular colours that we are more drawn to throughout periods of our lives these colours help us come back into our true alignment.

You will all have experienced that wearing a certain colour or having a favourite piece of furnishing or colours in your home will make you feel better on all levels. You may also have experienced a sense of agitation when going somewhere that has a colour you are not in alignment with currently. For instance, red carpets, red walls – or even dark colours can feel quite draining.

I once stayed in an air b and b where the room was quite cluttered with old 19th century furniture and the walls were a very dark deep blue. The ceiling was high and I think the idea was to make the room look bigger. The room, for me, felt depressing. Deep blue can do that.

In this course, we will look at how Feng Shui considers colour.

Colour Healing :

Our Soul Matrix lies within the Third Eye. It is an intricate patterning of geometry that can be read and projected outwards. It is interesting that we perceive colour through the cells of the retina that are the rods and cones.

We agree collectively that red is red and green is green. However, if someone is 'colour blind' they are free from being able to perceive colour in the same way. There are often times where one person may perceive a colour to be say for instance purple and another will see it as pink. It is down to interpretation and also the messages that the brain receives through the Light perception of photons through the eyes and third eye.

When we stare at a bright colour for a minute, say a red circle on a white back ground, the rods and cones perceive the light frequency that we agree is red. Then if we stare at a white piece of paper

immediately afterwards, our brain will recreate the same circle but in a different colour. The rods and cones that receive red are exhausted and another colour is 'seen' through the percpetions of the brain.

The colour range that we 'see' as hueman beings is limited currently in the physical. We do not automatically see infra red or ultra violet but we do 'see' all the colours in between.

Black is the absorption of all the colours we may perceive and clear is a refraction or reflection of all the colours.

The Colour Rose



Above you can see what we may call the Colour Rose. At the centre is pure clear Light. More on this, next week.

We Are Expanded Beings of Light

We are able to expand our Aura outward exponentially. However, there is nothing as great as the Light of the Soul. We are Soul Beings of Light within the confines of a Hueman Body.

The whole nature of Crystal and Soul Healing is to bring more Light into the body.

If we work upon bringing more Light into the body through creating harmony within the body and the subtle bodies through meditation and awareness with our crystals, we may come to experience more healing and a depth of knowing and wisdom of our own Soul.

We become more aware of ourselves and others by exploring and incorporating the frequency of colour and complementary colour through the crystals.

We already know that Crystals often attract themselves to us through the frequency of colour. We see the colour first and are drawn to pick the crystal up and feel its energy.

A crystal is a solid physical manifestation of Light in mineral crystalline form. We too, as physical hueman beings are becoming more crystalline.

This crystallisation is happening through the fluid, the waters of the body being.

Crystals are different colours because of the mineral content within them. Clear quartz is purely silicon dioxide. Amethyst is quartz, silicon dioxide plus Fe (iron).

Your HomeWork :

Notice what colours you are drawn to this week.

What Colours are predominantly in your home?

What Colours do you like to wear?

What colours make you feel 'off'?

Do you currently like bright colours or pale colours?

Write down your reflections in a notebook or journal for yourself.

Listen to the Meditation that we will experience here in class.
Attune to the crystals this week – Clear Quartz and Rhodocrosite.
Spend a few days with each of their energies and journal your feelings.

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