



second a10

Focus on
Colour

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second a10

Focus on **Colour**

Guidelines for working through modules

We recommend that you work through one section of this module per day. Read through the section and allow yourself to re-experience feelings that need to find an updated expression and decide on an attitude that could be considered more constructive to holistic practice than the one you have had up until now.

As you work through each section of this module, it can be helpful to write down your impressions in a journal or tape or illustrate your experiences as you progress through your journey of inner transformation.

Complete any exercises and answer any questions. A suggestion is to read a question and to write your immediate reactions to it. Go for a walk, then have a cup of tea/coffee or do something else. Then come back at a later time and write more as you surrender and decide if you are ready to forgive yourself, others, circumstances, environments, personal habits and so on. Then spend a few moments in contemplation prior to proceeding. At this time just to decide to begin to let go of resentment and to forgive begins a process of healing.

At the end of each day, note in your journal what your attitudes were, how you were feeling and how your body responded over the day as well as anything else of importance.

Working with the text and the diagrams

The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body memory. This will take time. Your intuition is the most important factor in facilitating this process. The diagrams in the module are to help you free up your intuition by triggering a helpful energetic response in your mind to support your study of the text. You do not need to 'understand' them. Just look at them and let them speak to you intuitively. Over time, your study of the text and contemplation of the diagrams will form an association with each other.

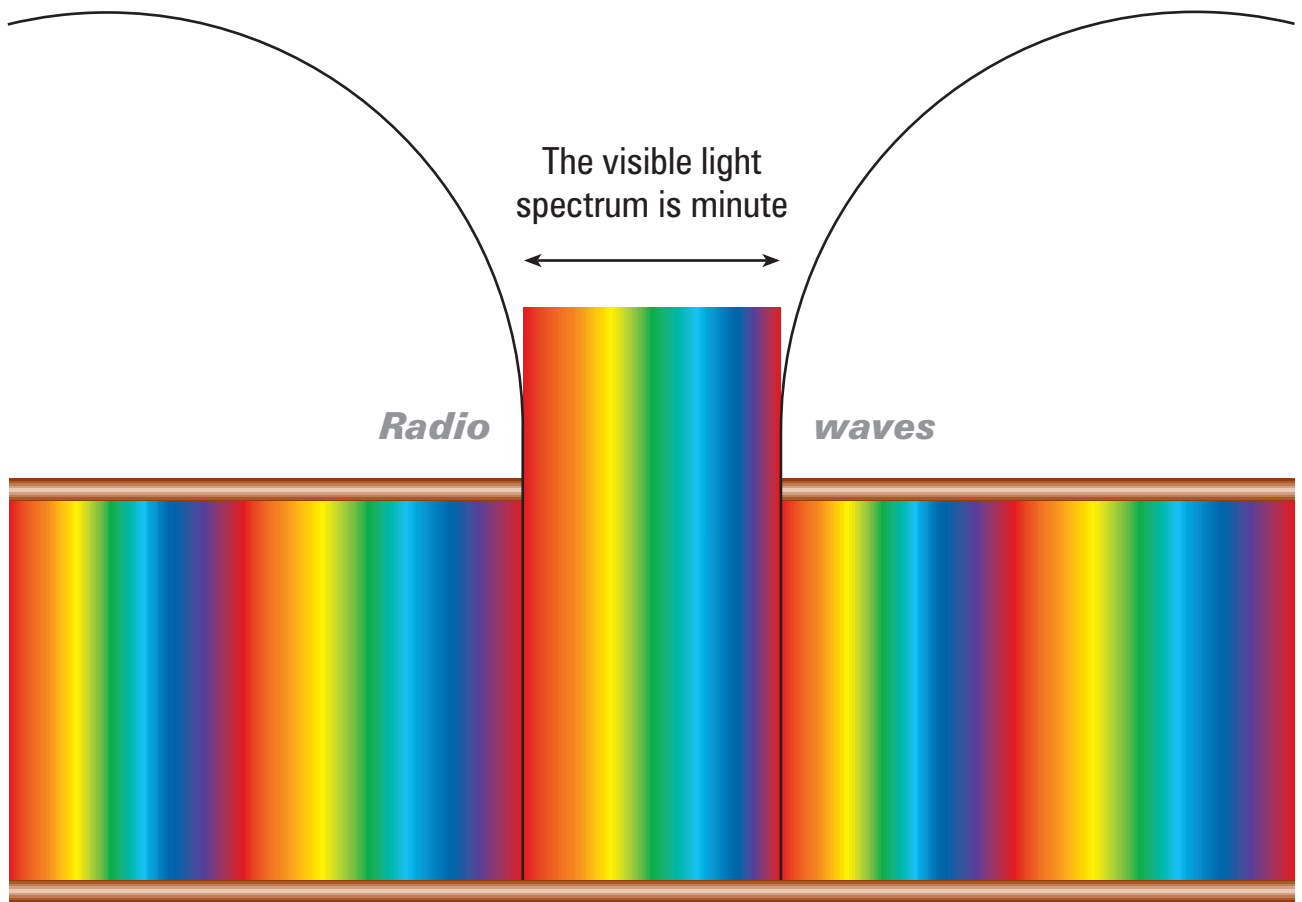
The actual colour each individual sees is subjective, therefore the colours shown in the diagrams within this module are only a guide.



Section I

The foundation

The light spectrum



The visible light spectrum is minute

Radio

waves

Radiant

Longer waves

Infra-red heat

Radiation

X-rays / Gamma rays / Cosmic rays

Shorter waves

Ultraviolet

Sunburn / Fission



I The foundation

Personal points of view are our testing grounds for new projects; they are a way, not necessarily the way. So we keep testing and if we do not like the product, we try another production method before any definitive decisions are made. At this time in history we are all under great tension: minerals, plants, trees, animals, humans, the Earth, the Galaxies and the Cosmos. Everyone is therefore needed to make a contribution they are capable of, and to work as part of the most effective teams possible under the circumstances of the time (ie working from their purest level of being in what they do).

The visible spectrum received from the eye is minute, but light also penetrates into the body directly. If a radio is switched on, just because people stand in front of it, they may muffle it a little, but they will not stop it. The irony is that the faster we go, the more we can see. If we are on an express train and pass a hedge fast enough, it becomes porous and we see great holes in it; but if the train slows down the holes disappear and the hedge becomes impenetrable. On this principle we take in colour even if we do not realise it. In certain cases of non-realisation, we call it colour blindness. This occurs when our conscious perception is lacking in sensitivity or the intuitive ability to 'read' an atmosphere.

The colour that we see is the one that is not absorbed by an object. We usually observe combinations of colours. The nourishment from colour is a reflection of what the object already contains within it. Seven colours: red, orange, yellow, green, blue, indigo and purple link to the subtle centres (in Sanskrit referred to as the 'Chakras' or 'wheels of energy'), which are superimposed on top of the spine, link closely to the endocrine system in the body and provide the basic framework to the awakening ego. The various body systems link into this river, doorway, or however one might describe it, but they do not provide the complete picture. Many of the deeper philosophies, religions and esoteric (meaning hidden) teachings work with the 'Chakra' principle and enter in via the longest colour/light wave, which can offer the potential of being the most thorough and comprehensive. This method of working is also the gentlest one for awakening and stimulating increased awareness.

Self-reflection.

First follow the relaxation technique at the end of this module. Having done so, half open your eyes and stare at the diagram at the start of this section. Allow the colours and the shapes to move as if in a kaleidoscope until they form a shape in your imagination. When they do, try to make sense of this well enough for it to come into waking awareness and record it. Even if what you recall is apparent nonsense note it in your journal. Clues are collected at random and you may not understand them until you are nearer to solving your mystery.



Section 2

A way forward



2 A way forward

Red

The foundation for expansion contains a basic primary spiritual impulse within it. It brings forward the personal courage required to acknowledge it. It prompts within us commitment and enables us to make choices and decisions. It is not yet God's will (or Allah's, or The Light Beings', or however we decide to describe the force that runs the world): it is our willingness to follow God's will whatever that means. Red says 'do it'. Let's relate our idea to life and apply it so that we have the vitality to apply the theory into the living practice. So with no decorum and little knowledge as yet, we just grow and grow like an innocent child who does not know how they grow, they just do it until they reach the maximum that is possible for them. Red is a symbolic link to creative or re-creative energy and to the sexual instinct. Seeds must push against the Earth to reach light, but the Earth may be rock hard, or may have concrete on top of it, in which case it is not physical strength but the intensity of purpose, God's will, or Light at work. When we come across a person our job is to help that person flower – not to do the work for them, but to help them to do it for themselves as they work their way through their own concrete slab. From within the pattern of our life, we make a conscious, yet natural relationship to physical form, grasping and making use of opportunities within life's stream.

Self-reflection.

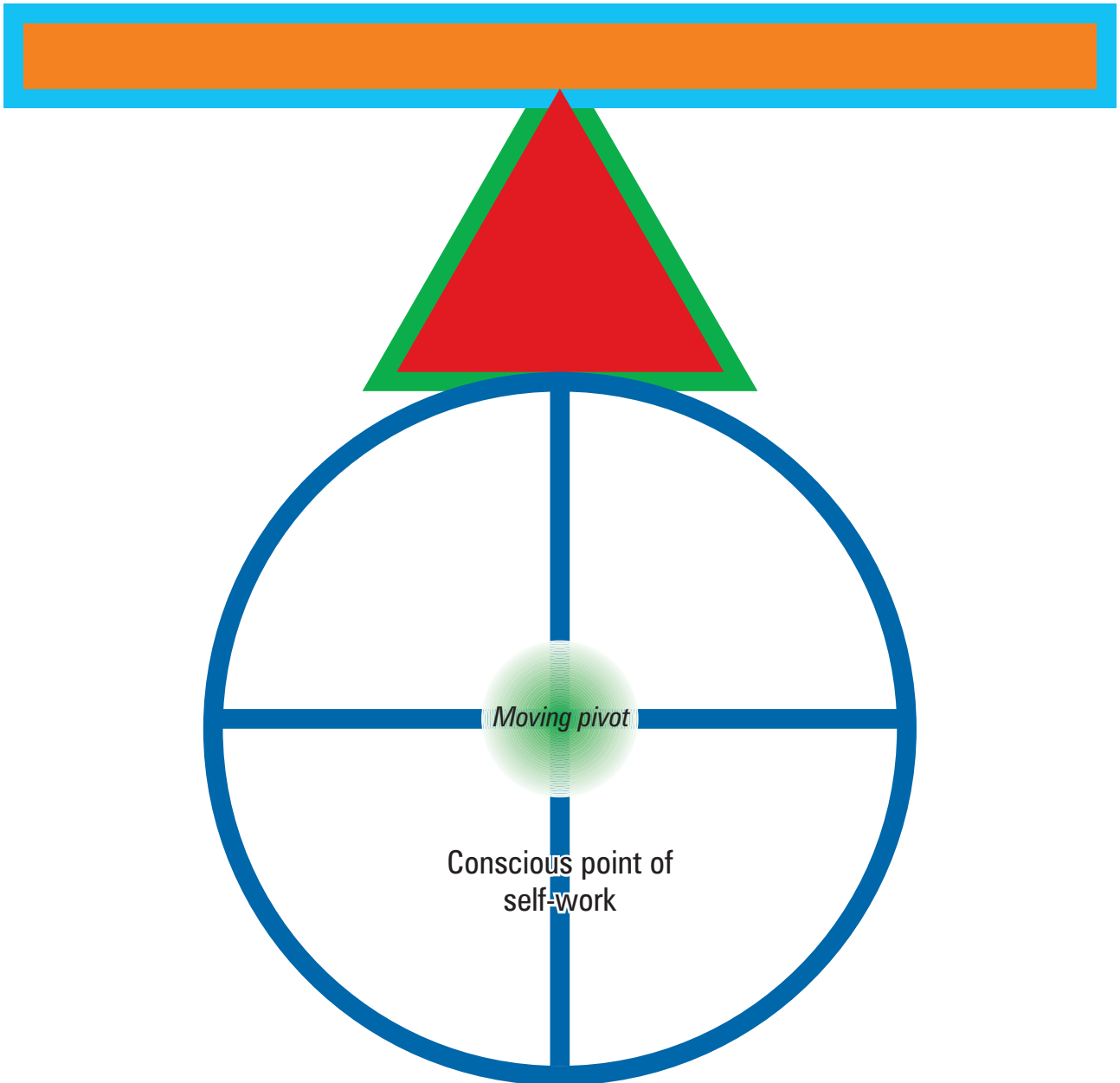
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Section 3

The pivotal balance

The pivotal point





3 The pivotal balance

Orange

We need to keep our balance, so must digest and assimilate some of life's experiences to date, prior to being able to eat another of life's meals. This is done at the level of the spleen or navel within the body. This is not just to ensure survival anymore, but it allows us to build all that we have already gathered into our own form. Each person's path is unique and individual and they must find their own way to enable themselves to apply what they know into greater relationships within all areas. Through recognition of the transformation of life to date, a new pattern is found for our values and priorities at this time. For example: complementary therapy, yoga, martial arts, astrology etc. all can provide an external reflection to enable us to better sort out what has happened to date and give us a focus into the next experience. These provide a 'do-it-yourself' entry towards the next step on our journey through life. The potential can be great, but only the next step is required, so we need common sense in large doses at these times. We give our all to our everyday life every day. We learn management and self-limitation skills. We may need the help of a spiritual director or counsellor at the point of confusion, otherwise we can be overwhelmed by fear of what we do not know, from within experiences we have already had. Faith gains insight and broadens the mind and we learn to be more tolerant of others and to give everyone the space they need. This leads to a more comprehensive knowledge of what is needed when, and by whom. We must learn to accept that our way may or may not be the way of another.

Self-reflection.

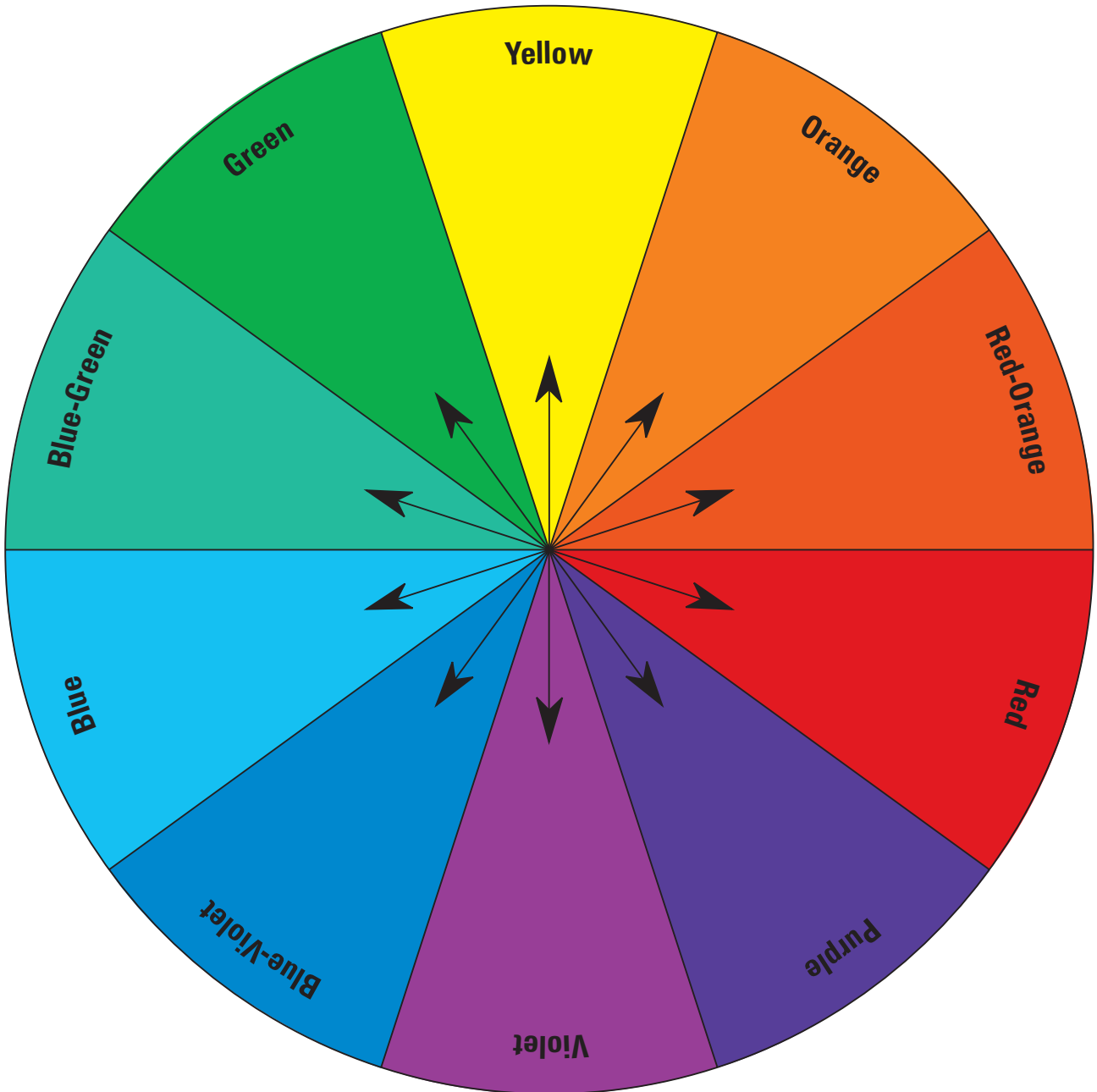
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Section 4

A design for living

Silver – the mental stimulant towards complement



Silver  Mental stimulant

Grey  Judgement between light and dark



4. A design for living

Yellow

We must develop the power to reason for it is the work of the soul alchemist. We must learn to be sympathetic and to nourish. Antipathy poisons so we must have a sort out and keep what is needed and eliminate the waste. We must learn to recognise what is useful and take forward only the essence as we rid ourselves of the remainder. Some may put on weight knowing that there is a lean time ahead; they use it as a storage procedure. Others however, become obese to anchor their increasing sensitivity, for they are not comfortable with it, nor can they handle it efficiently and well as yet. For we must serve those we collide with in life and we may not want to. But, if it is built into our design of life we must build on what we know and recreate the permutations until they work smoothly for us and with others. For example we might build on, 'I believe now, so I want to know', 'I know now so I want to educate', 'now I want to try it out with others and experiment', and so on. Life education is personal and releases us into our soul work on Earth. If we are trained to do the job by ourselves we co-operate, whereas if it is a servomechanism it is a dictatorship; so we choose to work to become a centre of light. We choose to act and do things in our own way and so declare our personal democracy. This allows the ego to emerge in a transmuted, transformed state that is ready to work. The impulse of yellow throws more light on everything; it is very revealing. In cases of neo-natal jaundice the yellow is a dirty colour, which require blue light or sunlight to cleanse the blood. Yellow, reflected on the silver mirror of our life to date, acts as a mental stimulant whereas red acts as a physical one. We must prompt the recall of memory, which must then be responded to logically. Red, orange and yellow all stimulate the body.

Ouspensky's book on colour states that red works on the body, yellow works on the mind and blue works on the Spirit. These three colours are known as primary colours. Red works to recreate the physical, yellow the mental or mind levels, and blue, the spiritual, gives us our basic design for living. If mixed electronically green is used instead of yellow as the mind balancer. Within pigmentation the mix is different again. However, when colour begins its work within our lives

we often go off the use of books and begin to make decisions for ourselves. Orange adds faith within life, whereas yellow allows us to begin to understand what is required and we become responsive to deeper memory.

To sort rough ground to fertile ground is hard work. If we only dig the ground over it does not sort out grass from weeds and brambles, it just temporarily conceals what is present. Getting things really in order takes stamina and persistence. Perhaps we are beginning to become aware of a multiple life structure and the design that has affected us from the far distant past. We begin to realise what movement affected us from a long way back and that we still have a long way to go to get it into a modified order. To analyse is acceptable but to judge is not. We realise that what we are experiencing is only a tiny fragment which is now in stress, and that it will provoke an entirely different response, so we must be very practically based at all times.

Self-reflection.

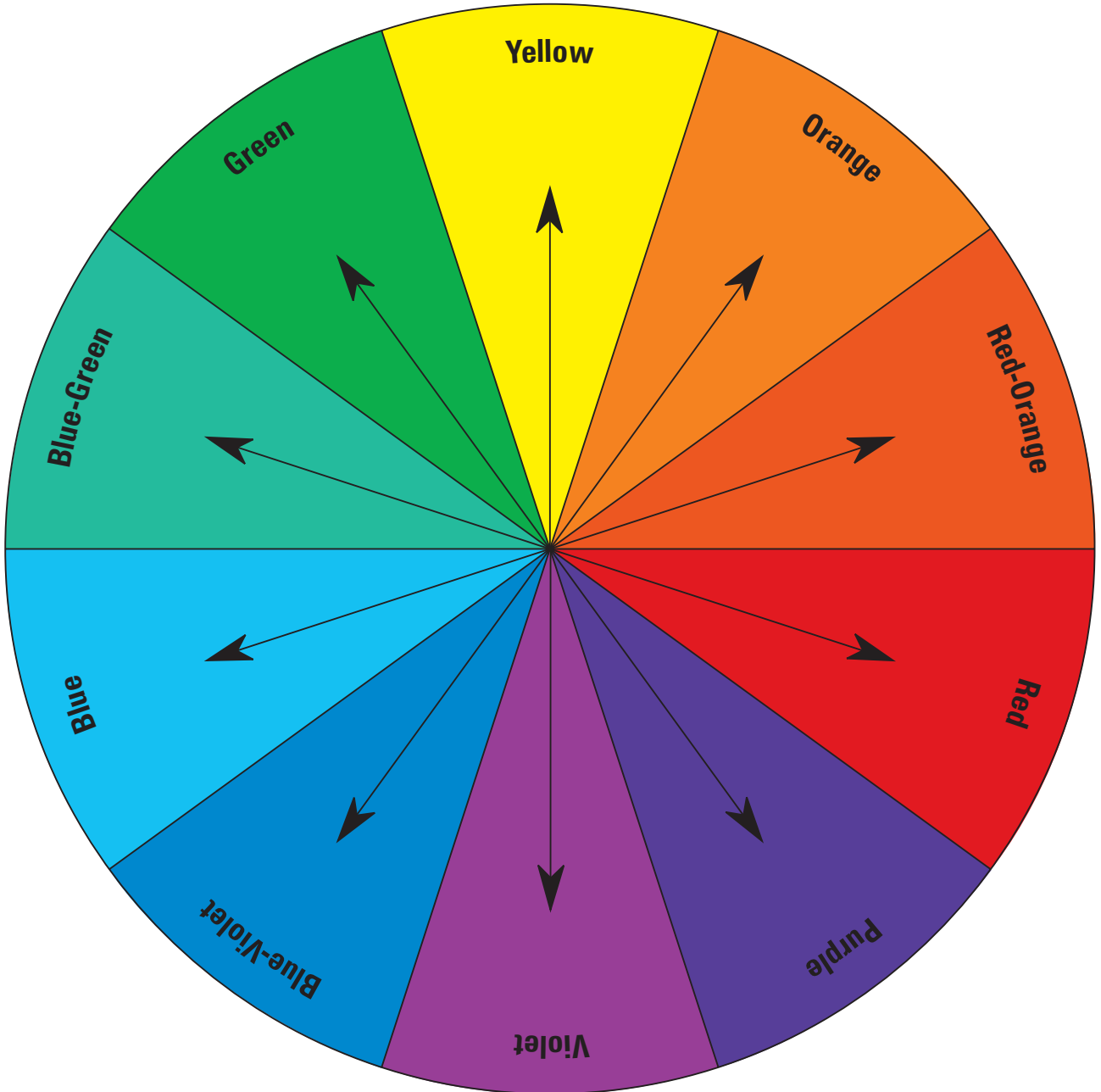
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Section 5

Following the guidelines

Balancing out





5 Following the guidelines

Green

It is now a prerequisite that we make a commitment to update our self-work. We will have to act as our own mediator to bring everything that is known to us into balance. This is known as the inter-dimensional line. It could be compared to the equator where one side of our world is familiar and now we are moving into zones that are unfamiliar. We find ourselves with one foot in the known and the other in uncharted territory. Having acknowledged this to be so, we work to complete that which we know already as we fuse the inner knowledge to the outer environment as best we can, for this completion gives the foundational layer to something else. Provided we are neither too materially grasping nor spiritually ambitious, we will move forward in comparative safety. Death and rebirth are work in progress, and the equaliser between the cycles and seasons in nature, illustrate this phenomenon admirably. New openings are just beyond our grasp. Hope is there if we are desperate and if we are fulfilled; in both cases we are in need for we have reached the last resort to enable the new life to be birthed. This impulse propels us towards the unknown and that which is not yet understood, clearing any blocks in the life pathway. Only when we reach that particular point within this creative impulse are we released into the next step.

Spring or dawn is the time for the seed to grow but it will have been planted some time ago. For the growth to take place it will have to move through the entire varying stages one step at a time, one foot in front of the other, enabling slow yet steady progress forward and upward around the spiral. Green helps us at these critical times. Each person will experience stress in a different manner. It may be that when this accumulation of disharmony meets, we create the opportunity to make circumstances acceptable as we move from the outer life experience to the inner. In the inner space we may have prompts that seem very real at the moment, but it may not feel the same when we are in the middle of a crowded supermarket. When an individual is becoming aware, and they are present, they represent the whole for they become representatives of the higher dimensions at work within life. We must have substance within and an experienced ego to

offer and give up as something worthwhile in service to all. We cannot have an attitude that emits, 'well there is no other alternative so I may as well'.

Only when we have done the rebuilding work do we have something worthwhile to release in service to the higher disciplines, for we have been proved worthy of our badge of office. Whereas we would not bother to intervene on our own behalf, we may if we are willing to have a go on behalf of a friend, relative or someone else we care for. Identity has no substance or credibility until we work for others in need. We can use this only for ourselves, but it is then classified as a negative self-destructive act, which is counterproductive towards others, causing great damage. We learn to become more aware that we represent great forces that have transformative values, but the balance is fragile and difficult to apply within the living experience. To do so continuously for others is difficult and to include ourselves is even harder. We therefore work to gain experience, which allows us to enter into the lives of others. We must make a start even if we are unable to fully apply it to ourselves as yet. We commit to the work of balancing the head and the heart so that they move forward in balance to the best of our present ability, holding our faith that improvements will come.

The practice of meditation enables the one-pointed attunement that takes us into higher reserves which will transform us from one world into another. If we work at it with commitment and dedication and we describe our existing experience as simply as possible, this exciting experience which once seemed impossible is accepted into our own life as natural. If we become more naturally comfortable with the dialogue within us, we begin to affect others. It is a little as if we are sales representatives for awareness; we are involved before the crisis. We work in areas of preparation rather than at the time of rescue. This necessitates us working in the preventative as well as remedial spheres of activity. We hold belief in that which is good and natural, the original ways of creation, and commit to serve where we find ourselves placed. There are many forms of presentation, many differing job descriptions and many caseloads.

continued overleaf . . .



If we over-defend 'our' way, we do so as we are uncertain of what we are doing. We will improve as we become more confident and more disciplined. As we learn that others are released into greater freedom than they have ever known, we find ourselves released also. We therefore always work for win/win freedom for all within all situations. Only when our trust in the more subtle realms or in ourselves as their representative slips a little does exclusiveness creep in. We must try to allow everyone the space to find out what is the correct pathway for him or her, for everyone is needed. We try, try and try again doing what we have to do regardless of whether it seems to work the first time or not. Our experience has shown us we all live within greater disciplines, and so we prove our willingness to work within the limitations of the time, as we seek the state of grace and try to do so graciously! When we observe the vastness of space it does not appear quite such a big deal. However, on occasion, we need to review everything that we know to date to get a sense of proportion as we check out our relativity. We are as we are meant to be. Great thinkers do not destroy, they just insist on thinking their own thoughts regardless of others, circumstance or peer group pressure.

Self-reflection.

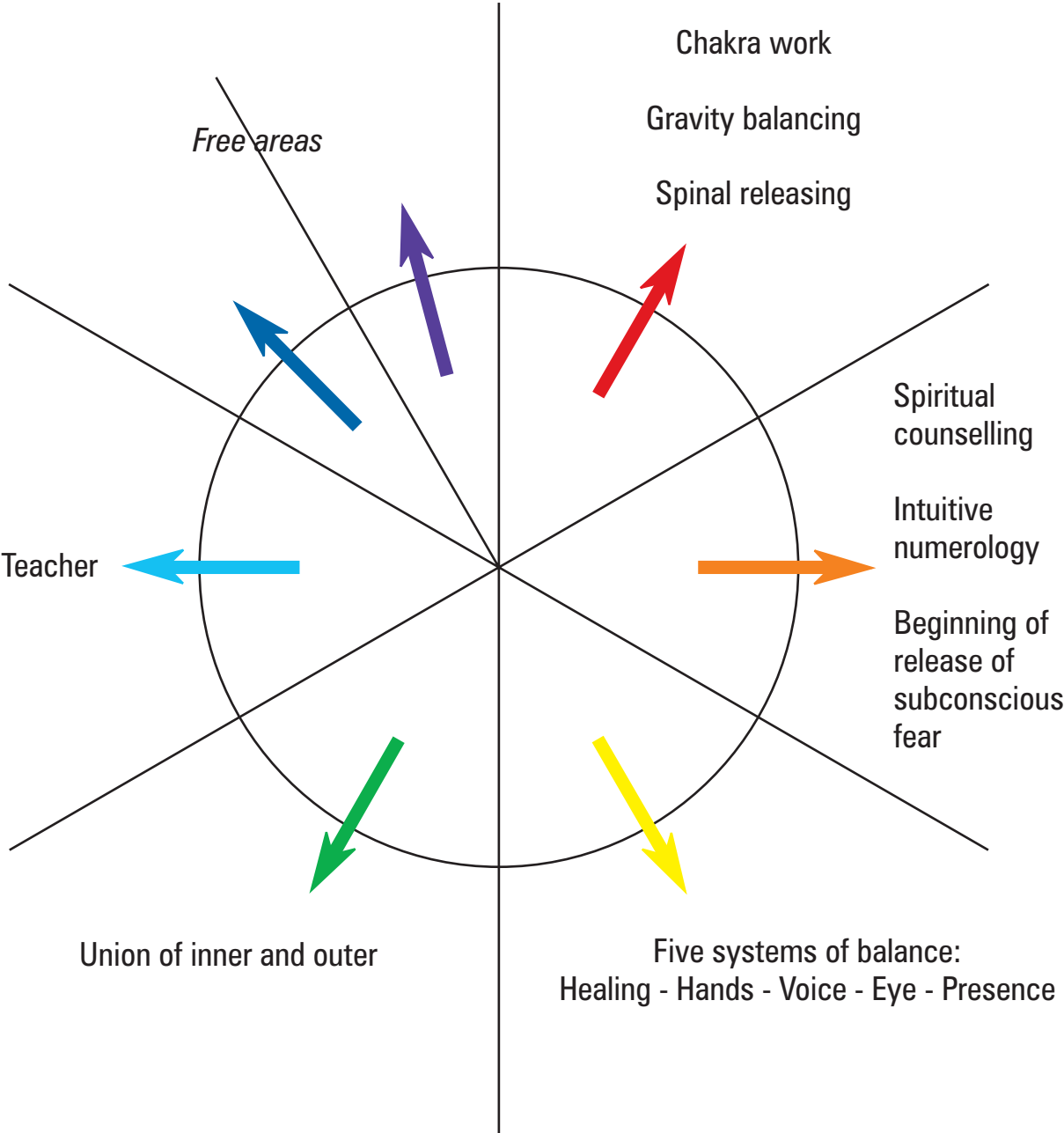
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Section 6

Improvements

Creating free space





6 Improvements

Blue

It is essential that we work within guidelines and to the letter of the Spiritual and Earth laws as we learn to lead all to free their body of tension from inherited debris and to release sub-consciously held fears. Through our presence we heal: maybe with our hands, or our voice or through our eyes. We offer a waymarker, act as a touchstone or resource point, as all try to balance and unite the inner and the outer representations of their living experience. Colour and shape can teach us increased awareness and so we are able to free up enough space to hold our faith and tell our truth. It may be religion, ethnic tradition, music or drama that support us by overlighting shadows, to enable a reinstatement of law within the life of the person concerned. All that is required is that we live as best we can in today's world within the laws of nature and the laws of God (or Allah, or The Light Beings or whatever it is we call the director of the subtle worlds).

This is the area in which we must learn the language of communication that is crystal clear and accurate to meet the requirements of any and all attracted. We must be willing to learn the language ourselves for it will enable us to comprehend abstract thought. We will need to be shown, so we must be willing to be taught via a living demonstration relevant to different stages of understanding. The colour indigo is the abstract thought area, but if we do not stay with blue long enough we try to jump a step and so we will experience crisis, which could have been avoided. Taking the steps one by one does not overextend us and so we avoid the need for crisis. We must therefore learn and practise the routine and so avoid a build up that will require urgent treatment. If we neglect the urgent, that then becomes the crisis, so we need to do what we can right here and now so that we are not a drain on others' resources unnecessarily. If we prevaricate, we invite potential trouble; whereas if we attend to our business day by day there is no need for urgency or crisis – not of our own making in any case.

Each seeker is handled at their own level of need; the mystery is only a mystery until we understand it, then it becomes mechanical. When we begin to understand the rudiments of the more subtle realms, we are

able to keep our housekeeping up to date and co-operate to the best of our ability. If we are able to maintain this policy even when we do not understand, the stage is set for the scene in advance; the fact that we have only skim read the play is enough for now. The main thing is that others are not over-inconvenienced, and resources are safeguarded. As we begin to align and raise our own energy levels we establish our value, understanding the higher direction required to serve all. All have their part to play, all have different merits and different roles. We must guard against arrogance for we are not superior veterans, more like near casualties, but we have 100% commitment and integrity.

There must be a proven ability not to detract from anyone else's efforts and the skill to integrate all comers. Blue is connected to the throat centre and links to our ability to discriminate what to say and what not to say when, and what to swallow and what to spit out from our life experiences to date. There is always a higher and a lower option and we must take responsibility and choose where to pitch our presentation each and every time.

To command is to be in tune with the laws and to do this we must know what is required and harmonise within it, for only then can we afford to relax. The greater the power entrusted to our stewardship, the lighter our touch must become. The law is intelligent and we must be true to it as we guard the movements from one place to another. We must be detached and realise our own frailties without being overwhelmed by them. When we work we serve as personally as we are able, but we are not taken over by it. The personality is not strong, but it is a unique mix of strengths and weaknesses, so we do what we can, where we can, when we can, and then we let go and let God run the world. We must give ourselves permission to be less than perfect as we work towards improvements for all.

continued overleaf . . .



But for now we must do the best we can manage and that is enough. We try hard, work to be strong, get impatient and try to hurry things along. We want to be perfect and it is our judgement that establishes what we think perfection is, and then we kick over the traces and want all to please us. All of this is just our self-drivers having a field day, not adhering to the Highway Code, let alone passing a driving test! We only ever attain a degree of perfection and it is not an either or situation in any case. When this realisation comes to us we may feel a little sad, frustrated, fearful or joyful, and all these reactions must be acknowledged and the static from them released as harmlessly as we are able to. If we cry at a movie the sadness is discharged. If we are frustrated we go dig the garden or take up rugby rather than lashing out at our partner/child/parent. If we express our fear without blame, we move a little more cautiously, but are more empathetic towards others. If we are joyful we temper our emotions. If someone around us is dying, we try to give stillness to the prevailing atmosphere and so on.

As change reaches the point of critical mass within, things seem to change by themselves for we do not remember being consulted let alone agreeing! This type of change promotes resistance but sub-consciously it is an attractive proposition, for at the seeming time of the hardest struggle the last resistance gets taken away. This quantum leap is the recognition of the change rather than the planting of the seed, or the appearance of the seed. All that was co-ordinated is now here as a result of the first one in being the last one out. Transmutation appears last but it is actually all connected as a part of the whole which had its start in the higher realms long, long ago, but only now is it time for it to be recognised.

It is always a good policy to keep our enemies under our nose, as we know what they are up to. And in the same way it is better to keep disease within a physical body until we are able to find out where the wrong living from the past comes from, for only then can we seal the door in which evil dwells. Until that time the body contains it in density and stops the toxic waste being scattered and infecting others. A challenge from one side provokes a response from another and this is true education. We learn to get an intuitive response towards collective awareness, but if we are working for everyone's good then all win and none

lose, and we will work to create new life with our sexual energy in safety.

The overshadowing of the human even begins to provoke a response at a physical level, and we can feel as if energy forces are surrounding us knowing that they are beyond our current understanding. When an atmosphere works it feels natural, so much so that we only notice when it is not there or it stops. In most teaching those who are guided were inspired, that higher direction only happening at the moment of speaking, acting, or working, when the lower dimensions run out of their own knowledge and aptitudes. When this happens, as they work they become different, the voice of authority or/and the higher movements come through, and the conscious medium mediates according to the need of the time. There is no need for greater beings to incarnate if they can overshadow a sensitive, as it would be a waste of their time and effort. Spiritual economy is both efficient and effective, but the channel must build up a strong ego force so as not to be overcome or hypnotised in following higher direction and discipline. If they are too influenced, this once again creates a situation of imbalance and so does not connect the circuit to its optimum potential and efficiency.

Self-reflection.

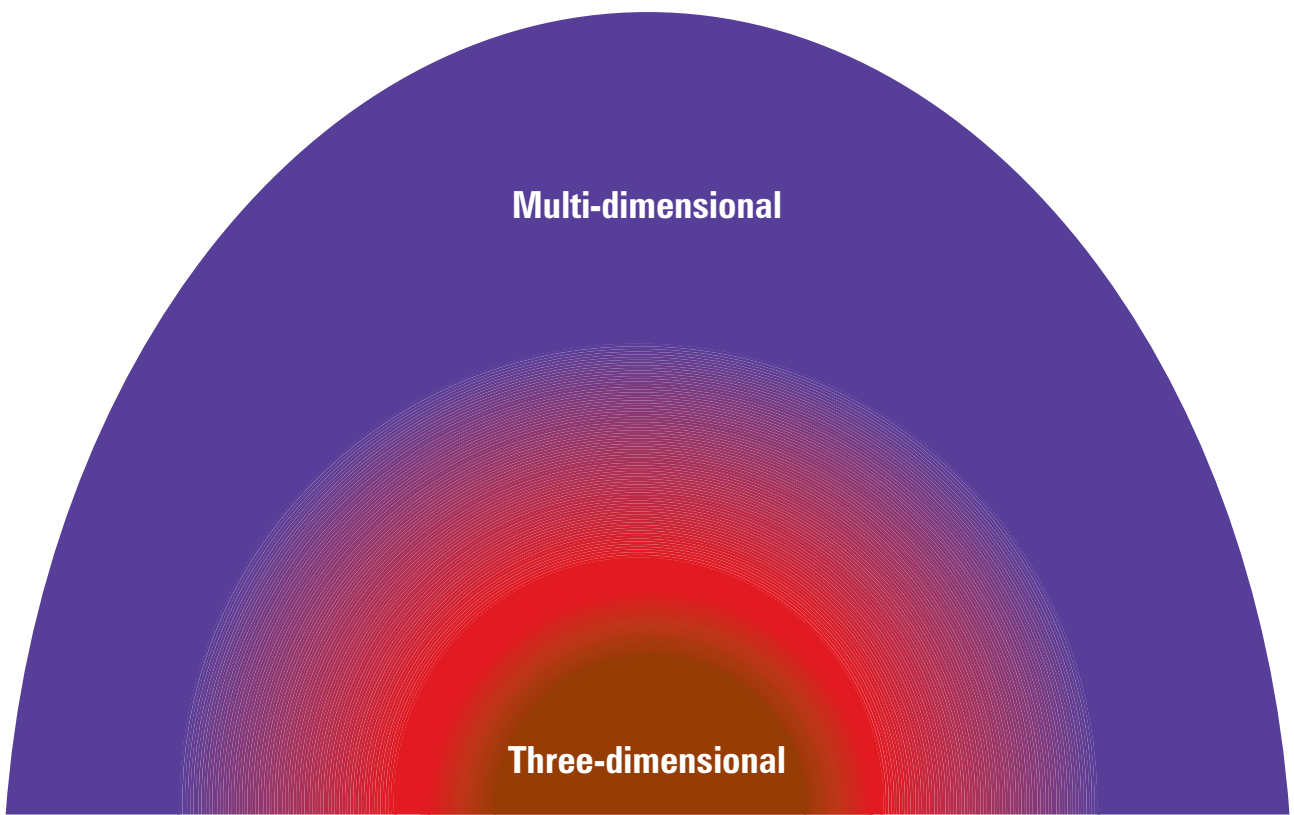
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Section 7

Discipline and obedience

Overshadowing





7 Discipline and obedience

Indigo

Indigo is the psychic cleanser. It does not cause pain to go, but to no longer be felt, and therefore no longer be so important within the overall balance of things. This is a transfiguration experience when humans are overshadowed with the Christ (Love) consciousness as it works to transform all things. 'Trans' in this sense is the great overshadowing and from that moment the human works with undoubted authority. At these times we go beyond ourselves, being so together with our soul that the decisions we make are understandable and clear, for our soul contains wisdom that is timeless. Our essence is the result of many incarnations, releasing timeless experience which can then be made available to others. We dwell in that view, awakening each to in turn work on the collective evolution required.

When our awakening takes on a certain intensity the 'I wonder' becomes 'I know' which eventually turns into 'I accept unconditionally'. Life then becomes an area in which the over-soul can enter into more intensely than ever before and we become overshadowed by our previous life experiences. When this happens it is like a loving reinstatement, a little like when the redundant person who felt all was hopeless, suddenly finds an exciting new job which absorbs all their interest and allows their confidence to return in a different form, and with greater intensity.

So we begin to restate traditional systems we know and learned long ago and far away. The old form is no longer a necessity, but the 'inform' is now domesticated within us so no longer causes us undue concern. However, it is in need of update to enable it to be put to use in today's world. It is not long ago that we lived for a short time only, for child mortality was high, 45 being considered very old. So as the quantity of today's life increases, the quality must be improved. The Third World countries that suffer, give an opportunity, in sacrifice, for the rest of the world to rebalance and redistribute its abundance. This offering must be valued and not wasted.

continued after diagram overleaf . . .

Light aims into life

4

Fire

Philosophy

Conscience

Transformation

Critic

Adventurer in possibilities

Co-ordinator of whole

3

Air

Science

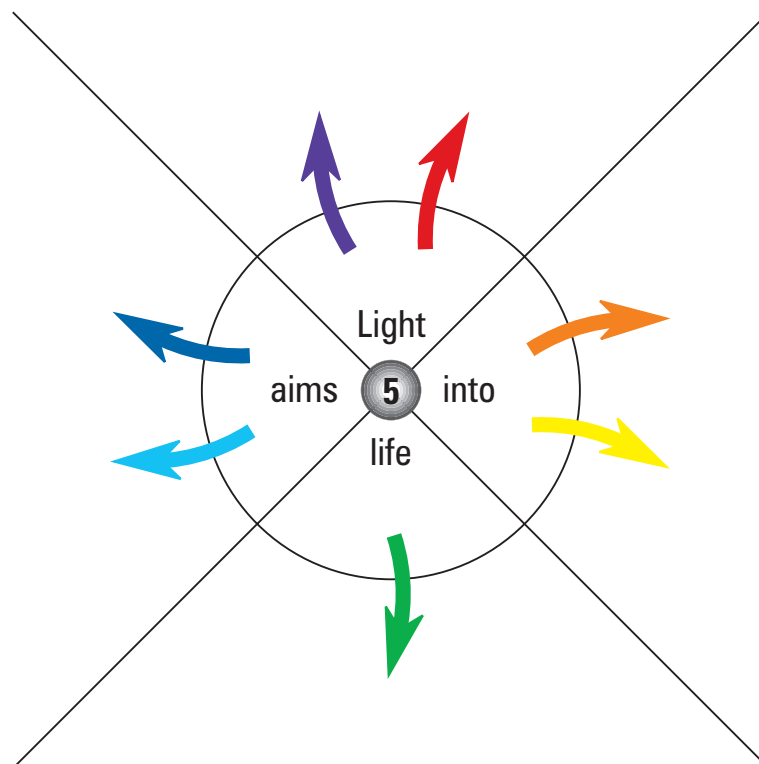
Nerves

Communication

Official organiser of information

'Master builder'

Observer – thinker



2

Water

Art

Glands

Flow

Joy / Sorrow

Birth / Death

Ritual

Feeling

1

Earth

Religion

Bones

Structure

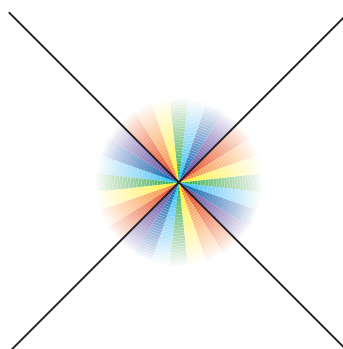
Fertility

Reproduction

Abundance

Belief in mystery of law

Goodness (reverence)





As we begin to recollect our personal vision we begin to combine the two ends of the spectrum. Indigo is our view and combined with red we start to recreate our life anew. Blue and red combine to make violet or purple and when we start to work in a disciplined manner we begin to let go of the lower ego. If we are able to centre ourselves we get a look at the more mysterious areas of abstract thought and metaphysical experience which is transcendental. The pineal focused in the third eye area links to the pituitary and the hypothalamus, and together they produce endorphin chemicals which equate to the most powerful of drugs, all of which can release tension and promote awareness. As they release into the brain and nerve systems, they change our perception of reality and focus our awareness.

This process stimulates and regenerates the mind and the brain. We may experience bone pain at this time, as a great deal of our strength is focused into the more abstract spiritual realms, allowing for integration and union of feelings and thoughts, plus help from our soul and the spiritual realms of being. We begin to go beyond self-restriction and too much reliance on ourselves due to our lack of faith. We let go of rigidity, and become less cold and defensive. Crippling inhibition, fear and negativity are converted into disciplined effort and an acceptance of our duties and responsibilities. We patiently organise and reorganise until the structure is reliable. The character building of the past has increased our capacity to assume greater responsibilities and now we have acquired self-control and discipline. We find ourselves presented with opportunities. If we have concentrated our energy and our effort, self-doubt gives way to wisdom that results from the thoughtful application of knowledge.

The parathyroid slows down the thyroid and the way the body uses calcium, and this slows down the metabolic rate as a result of which we may get fatter for a period of time. However, the spiritual insight transforms us and raises energy resulting in a regeneration of life. We have been psychically cleansed of psychotic, obsessive or addictive behaviour and all benefit as a result. This helps to release the mind from fear and inhibition, a little as orange does, but at a higher level of vibration. We broaden the mind, as now we feel safe to do so, as the extreme conditions of mental stress are stabilised and cleansed and the blood is purified. In a similar way that astringent cools, indigo is powerful at

the emotional level as it relieves pain. We can become hypnotised by pain as we recognise it, but we are no longer so worried by it – it is as if we were sedated and safe to proceed.

Whereas green encourages new patterns and stimulates us, indigo suppresses the heart palpitations that can result from the thyroid being slightly out of kilter. Indigo, like the night sky works to rest us, begins to release negative conditions, frustrations and fear complexes, making us invisible as it eases what we strain to hear, see and smell and allows us to wait to be shown how to proceed. We breathe more easily as we decide we are no longer allergic to life and we are willing to hear our destiny and move out into our assigned environment.

Self-reflection.

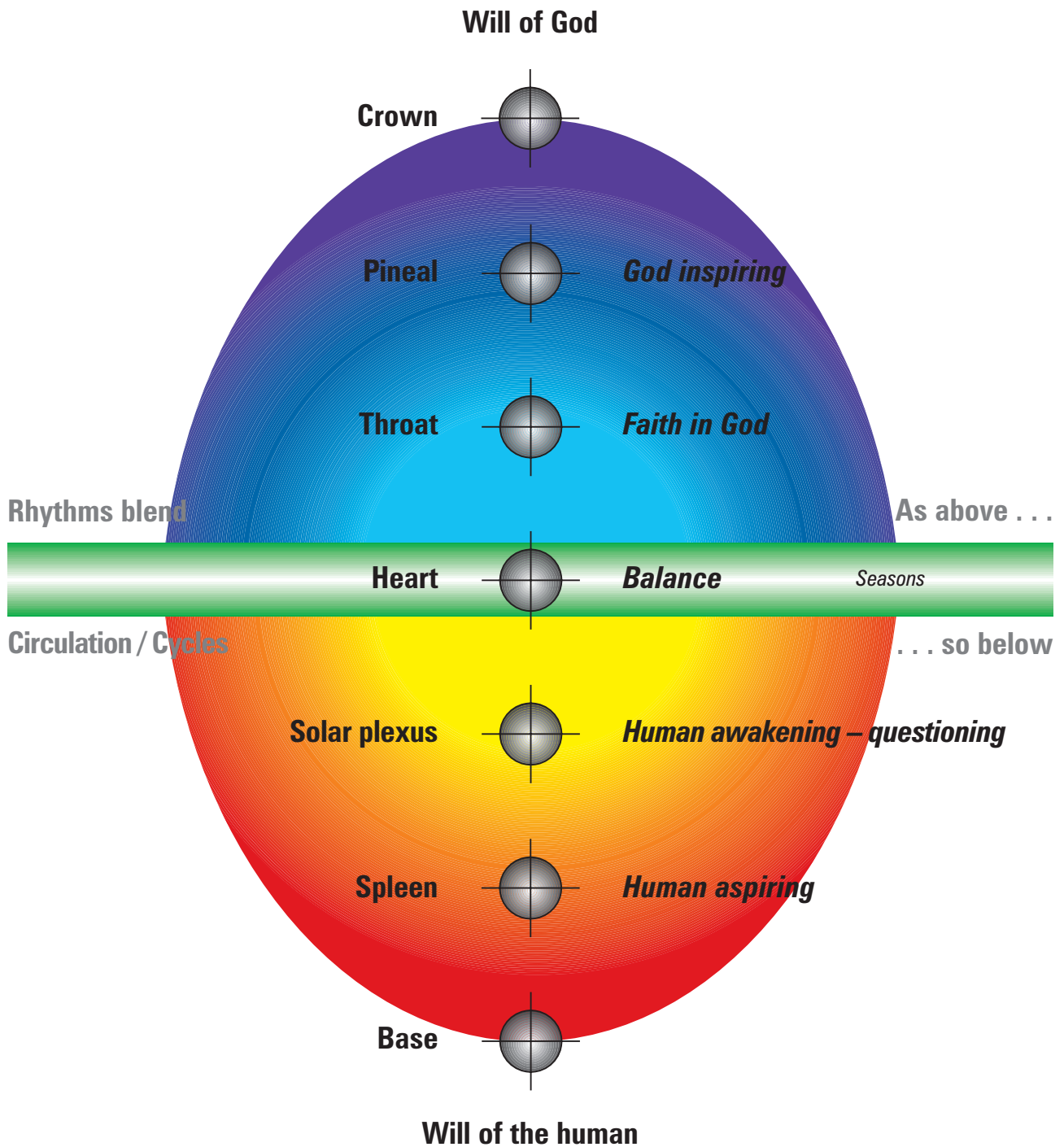
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Section 8

The anchor

Co-ordinating invisible states – parallel experiences





8 The anchor

Violet

All the work that has gone before makes us who we are now, the updated model being anchored to the Earth through the crown of the head, conducted into and through the body under the direction of the pituitary gland. The spiritual understanding comes into the glandular system bringing action and transformation or sacrifice. The will of the greater must align with the human will. We aspire to be as good as we are able to be and to what we are capable of becoming, with a great deal of perspiration along the way no doubt! If we hold true in our faith we question, and as a result we awaken until all the rhythms and cycles circulate and blend. If it is an appropriate mix, all balances out and is co-ordinated as the abstract merges into actuality.

Within our blood we all carry self-destructive tendencies through which we try to escape and evade our responsibilities, as we deny our deepest need and refuse to face our motives. As a result of this, we are unable to commit ourselves to anything. It seems just too difficult to attune with the whole and realise the spiritual dimensions of experience with all encompassing compassion. Why should we live an ideal? In our over-sensitivity, insecurity, and disappointment at our inaccuracies, it is easier to turn to addiction just to inhibit our sense of self. At the red level this may include sexual deviation or solvent use, whereas at the orange level, it can be addiction to a group rather than having the faith and innocence to embrace a non-denominational approach. The yellow level pushes us to pursue our actions without regard for others, to enable us to gain power at any cost so we can develop our ideas with no regard to consequences. At the green level we can become materialistic and we must have 'things' as we obsessively collect items we have no need of. At the blue level we are sure of our own 'rightness' for we never make mistakes and so can become tyrannical and sadistic as we seek our own pleasure while others suffer. At the indigo level there can be delusions of grandeur and a sense of superiority as a result of which there are feelings of persecution. The violet level challenges can include those who self-mutilate with a masochistic addiction towards guilt, which must be atoned at all costs, with no regard for those

who surround them. We must disintegrate all such responses until we are able to live in contentment, flowing with what is, with our sense of self in line with life, adapting to what is required at any given time.

Physical work and exercise are very helpful; each cleans the kidneys and the liver, acts as a blood purifier and as a detoxification agent which soothes past shock and promotes the body's natural defence systems. Violet transforms and helps shrink mental and nervous diseases as it acts as a general 'calmer downer' for the artistic temperament. Think how we can be affected by digital equipment and how flashing lights can disturb the body's natural balance mechanism. We must promote movement for it enables us to roll so that any weakened responses in the reflex systems are improved, for when we are healthy we avoid difficulty by instinct and so are able to handle what comes.

Before we move on in our journey through life we must backtrack through the entire spectrum to ensure the life principles are in practice. The following chart on 'New rules' illustrates how all the body systems are independent and interdependent.

continued after diagram overleaf . . .

New rules

Colour	Life nourishment	Body system	Action	Spiritual principle	Domain
Red Base	Food	Muscles	Will	Life	Physical. War / Military
Orange Hara Spleen	Medicine	Digestion. Assimilation	Acceptance. Construction	Holiness	Medicine. Holy path. Seeker
Yellow Solar plexus / adrenals Pancreas	Reason	Nerves	Understanding	Wisdom	Science. Research. Analysis. Psychology
Green Heart Thymus	Economy	Circulation	Self-control. Renewal	Eternity. Evolution	Agriculture. Economics
Blue Throat	Faith	Respiration	Discrimination	Truth	Religion. Ethics; morality. Music. Healing
Indigo Pineal Third eye	Metaphysical abstract	Bones	Integration	Strength	Abstract thought. Intuition
Violet Crown Pituitary	Spiritual	Glands	Transformation	Sacrifice. Spiritual power	Inspiration
Collective	Cosmic	Atomic	Demonstration	Love	Care for all. Balance. Creation



Self-reflection.

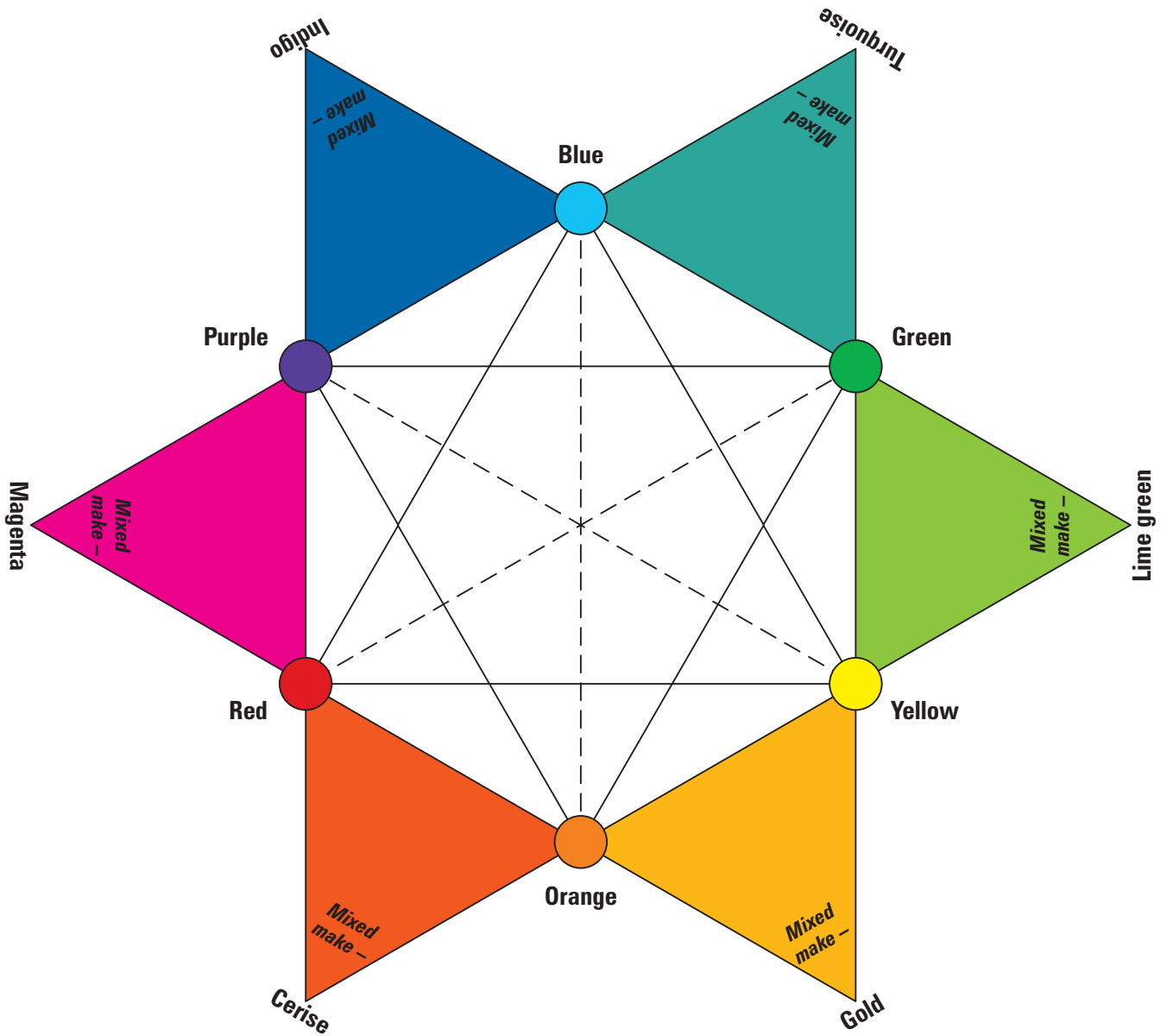
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Section 9

Rising up

Extension



Earth primary colours



Womb. Female wider at hips.



Action. Male wider at shoulders
– together, the male and the female,
internal and androgenous.



9 Rising up

White light

White contains all colours within it and is truly the centre point of our being. Light cannot be seen until it becomes active, for the outer form of its radiations are beyond its actual visible factor. Colour is not visible to us until it is reflected against something. It depends on the individual body whether colour is absorbed by it, or whether it reflects what is already present within the body. The light-bearer and the light-responder both become polarities. The collective human becomes an organ within greater humanity's mind, which then absorbs the human collective pattern or radiation, as its output reflects greater light. It is a vast chain. If we imagine a colour and step into its essence or vibration we feel the intention behind the colour; it is a reminder and acts as a reference and not energy in itself.

The effect of light is on all levels and can influence and penetrate all, for example: our spiritual beliefs, intellectual propensities, emotional responses and physical attitudes. We cannot invent anything that is not an already latent capacity within our own brains and hearts. Some people are so highly trained they are able to 'see' the organs moving within a body. Without this kind of ability, how could machines have been invented that measure movement within the body and then feed it back through computers? Trained people can do this quicker than a machine, for we all have the potential for x-ray vision even if we have temporarily blacked it out. If we centre ourselves in goodwill and a willingness to help and care, everything will change around us and it will affect the central core of humanity.

If we study the human's form, the woman represents the womb of the Earth and so is wider at the hips to enable her to be disciplined and responsive as well as having the stamina to give birth. The man is broader at the shoulders to be the standard bearer for the child, so creating an ethic where childbirth becomes a possibility. If the woman and the man are placed together, the potential for extension is endless (diagram at the beginning of this section).

Red

Red is the colour of recreation and symbolic of assertion and aggression. It affects the vital force of the body

via the adrenal glands, providing the vitality to procreate or restorative forces as required. As the blood circulates it brings heat with it that can act as a stimulus within an atmosphere. Red is good for inertia or sluggishness and helps strengthen the liver. It is the spiritual principle of life or live-r. If we are cold we should think red! A pustulant draws a problem to a head and releases the poisons physically or emotionally. Psychologically red can lift us when we are lacking in confidence as it stimulates the willpower helping us to be enthusiastic and decisive. We need the courage to take an initiative and 'go do it'. Red is expansive whereas blue contracts. Red should therefore always be balanced with blue or green to complement and contract.

Orange

The centre of gravity is at the level of the spleen just below the navel. If we are centred in its orange sun we are alive in life, healthy, holy and no pushover. If we are constructed well we are accepting and content, able to digest, assimilate, and distribute food through circulation. Red and yellow mix to create this third force, giving us the tonic we need to build energy, not as a stimulant but as a revitaliser. We are not cramped, in spasm, congested or constipated, but free to be in the here and now. If we are over-active we need to couple orange with blue and green (turquoise) or blue and violet (indigo). We need to broaden and open the mind, not to psychotic traits, but to cope with the union and the management of raising all the levels. The courage to cope must be coupled with the power to cope, so we need the will to succeed to unlock any suppressed emotional paralysis. When we use orange we should also use green to carry away the congestion of the past. Blue and yellow are also complementary colours.

continued overleaf . . .



Yellow

Yellow gives us the mental vibration that nourishes life at the level of reason. Whereas red is instinctive, yellow works with the more conscious memory and reasoning. It can make us nervous for we are more aware that old wisdom, psychology, research and learning are beginning to be understood. Under these circumstances we can tense our muscles and try to digest what is occurring within us. Too much input and we cease to function. In the glandular sense this can affect the pancreas and the insulin levels as we try to balance things up. The adrenals can also be disturbed to a degree, along with the solar plexus as the brain in the body, but only until the instinct and the feelings come into alignment and normal body maintenance is completed. Yellow has the greatest lightness of all the colours in the spectrum, so it gets things moving: activating muscle reflexes, mobilising, lubricating, absorbing and distributing. It feeds the heart, stomach, intestines and liver, and eliminates impurities. Too much too quickly, and the skin starts to perspire as it is induced to open the pores and allow them to breathe. It encourages the lungs to expand and contract more fully and it can increase the appetite. It is an invitation to reason and to become creative, to enable us to go beyond Earth laws and be inspired by higher powers if we think we are able to achieve harmony.

Green

Green is a balancing agent that combines blue and yellow. It is central and can prepare the body to more effectively establish a new rhythm and regain control. The heart is the organ of focus and the thymus gland is symbolic of timing mechanisms so it will help us to extract essence from effluent, to make real imagined ideals, and to bring both to a central point. After this, old hurt caused through disappointment, and harm from disillusionment, can be released prior to the body being ready to renew. Balance through self-control is the spiritual principle as is the idea of eternity, evolution or continuity. Green is the colour of balance and helps relieve the anxiety of a potential repeat performance. Anything contrary to the heart interest begins to be equalised. This can influence blood pressure, and return it to the status quo, as well as help nervous headaches and distress within the nerve systems to dissipate harmlessly. As the pituitary gland is stimulated it

helps in the general resistance to infection. Any feelings of burning, or cuts and bruises attached to the growth process, no longer seem relevant or important. As we work to reinstate the pattern to workable proportions we no longer feel so tired or so prone to visual disturbances. As we rebuild we are more able to radiate sympathy, kindness, stillness and peace.

The Blues

As old expressions begin to contract we may experience disturbance at the level of the neck or the throat. They appear to contract but only to allow us to inwardly expand. This astringent activity enables us to steady up, slow down and coolly appraise as we focus concentration. We treat high temperatures with blue to cool them down. This calming effect restores vitality, stops waste and allows the reservoir to refill antiseptically. It brings peace of mind and quiet so can be used when we feel over-excited or even a little hysterical, for we raise our consciousness to embrace the realm of Spirit. If we are able to gain inspiration through life, religion, morality, ethics, music and so on, we are potentially healed as the inspired blue filters back into the human body. At the yellow phase, in contrast, we are invited to live our spiritual principles with truth. However, before doing so it is essential we improve our capacity to discriminate. The Blues bring out our sense of reverence and service, which can make life difficult as it includes our concealed sense of importance. And when we find out that we think we are no longer needed, this can bring about a crisis, for unless we are in balance we may wish to die on the job rather than appoint our replacement. If we are loyal towards equality and justice we know that while we occupy a space no one else can. If we move on we give others a chance. Even if we have to move into an emptiness temporarily, it is the way nature works and until we know different it is the way it is.



Violet

If we are ever to transcend our history, albeit genetic lineage or environmental influence, we will have to learn to weed out that which we need and is useful to us individually from that which is leftover from others. Only then are we in a position to support and encourage others who are trying to do the same. The red, orange and yellow meet the blue, indigo and violet – not as a theory but in the green fertile arena of the heart. No need for a war for there is no war between the Heaven and the Earth, rather one is a more dense representation of the other. As peace is declared we work for stillness within the surrounding chaos whatever is happening. And so it is.

Self-reflection.

First follow the relaxation technique at the end of this module. Having done so, half open your eyes and stare at the diagram at the start of this section. Allow the colours and the shapes to move as if in a kaleidoscope until they form a shape in your imagination. When they do, try to make sense of this well enough for it to come into waking awareness and record it. Even if what you recall is apparent nonsense note it in your journal. Clues are collected at random and you may not understand them until you are nearer to solving your mystery.

continued after diagram overleaf . . .

Relationship of colours to elements . . . and body reactions

<i>Colour</i>	<i>Element</i>	<i>Body reaction</i>
Red	Cadmium	Sensory stimulant
	Hydrogen	Liver energiser
	Krypton	Irritant
	Neon	Vesicant
		Pustulant
	Rubefacient	
	Caustic	
	Haemoglobin builder	
Orange	Aluminium	Respiratory stimulant
	Antimony	Parathyroid depressant
	Arsenic	Thyroid energiser
	Boron	Antispasmodic
	Calcium	
	Copper	Antirachitic
	Helium	Emetic
	Selenium	Carminative
	Silicon	Stomachic
	Xenon	Aromatic
		Lung builder
Yellow	Carbon	Motor stimulant
	Magnesium	Alimentary tract energiser
	Molybdenum	
	Palladium	Lymphatic activator
	Platinum	Splenic depressant
	Rhodium	Digestant
	Ruthenium	Cathartic
	Sodium	
	Tin	Anthelmintic
	Tungsten	Nerve builder
Lemon	Cerium	Cerebral stimulant
	Gold	Thymus activator
	Iodine	Antacid
	Iron	Chronic alternative
	Phosphorus	Antiscorbutic
	Silver	Laxative
	Sulphur	Expectorant
	Titanium	Bone builder
	Uranium	
	Vanadium	
	Lanthanum	
Green	Barium	Pituitary stimulant
	Chlorine	Disinfectant
	Nitrogen	Purifactory
	Radium	Antiseptic
	Tellurium	Detergent
	Thallium	Muscle and tissue builder
		Germicide
Turquoise	Chromium	Cerebral depressant
	Fluorine	Acute alterative
	Mercury	Acid
	Nickel	Tonic
	Niobium	Skin builder
	Zinc	

<i>Colour</i>	<i>Element</i>	<i>Body reaction</i>
Blue	Cesium	Antipruritic
	Indium	Diaphoretic
	Oxygen	Febrifuge
		Counter-irritant
		Anodyne
	Demulcent	
	Vitality builder	
Indigo	Bismuth	Parathyroid stimulant
	Lead	Thyroid depressant
	Polonium	Respiratory depressant
		Astringent
		Sedative
		Pain reliever
		Haemostatic
		Inspissator
		Phagocyte builder
Violet	Actinium	Splenic stimulant
	Cobalt	Cardiac depressant
	Gallium	Lymphatic depressant
	Radon	Motor depressant
		Leucocyte builder
Purple	Bromine	Venous stimulant
	Europium	Renal depressant
	Gadolinium	Antimalarial
	Terbium	Vasodilator
		Anaphrodisiac
		Narcotic
		Hypnotic
		Antipyretic
	Analgesic	
	Sex builder in supernormal	
Magenta	Lithium	Suprarenal stimulant
	Potassium	Cardiac energiser
	Rubidium	Diuretic
	Strontium	Emotional equilibrator
	Auric builder	
Scarlet	Argon	Arterial stimulant
	Dysprosium	Renal energiser
	Erbium	Genital excitant
	Holmium	Aphrodisiac
	Lutecium	Emmenagogue
	Manganese	Vasoconstrictor
	Thulium	Ecolic
	Ytterbium	Sex builder in subnormal



Relaxation technique

This basic relaxation technique can be useful. Imagine yourself to be safe, healthy and protected. Imagine a white cloak around you and imagine that it gives you gentle comfort, safety, warmth and love.

- Sit in a comfortable chair or on the floor if you prefer, but make sure that you are in a relaxed position. If you are on a chair, place your feet flat on the floor, straighten your spine, neck and head, and close your eyes. If you are on the floor, you may cross your legs (Indian style) or stretch them out before you, providing your knees are bent and your feet are flat on the floor. Try not to slouch, but don't become stiff either.

- If you are feeling tense, worried or distracted, you can use this simple process to help you relax. Take in three deep breaths – pushing your tummy out as you inhale slowly – pulling your tummy in as you exhale slowly – saying to yourself the word 'relax'. Consciously concentrate on the muscles in your body, starting from your feet, calves and thighs, moving up to your stomach, chest, arms, neck, head and face. Tense each set of muscles first, and then release the tension consciously and slowly, feeling the gentle warmth, comfort and relaxation each time you release. Become aware of your body as a pleasant part of the natural surroundings.

- Create a clear picture in your mind of the situation about which you feel worried, angry or resentful. Be aware that you are feeling uncomfortable. Then again say the word 'relax' to yourself three times and become conscious of your breathing. Try to breathe in deeply and slowly, pushing your tummy out, and breathe out, pulling your tummy in. Do this several times.

- Picture good things happening within the situation, a happy ending, a reconciliation, a change for the better, a rest. See the situation – yourself and all those involved – surrounded by love or whatever you think would be a good antidote to the problem. Picture a beautiful setting where you are truly contented.

- Be aware of your reactions. It is natural to have difficulty seeing a loving picture. The feelings of tension, anger, frustration and all the other emotions are also natural. Dissolving them into relaxation will become easier with practice.

- Think about the role you may have played in creating the stressful scene, and try to re-interpret the event, your own and other people's behaviour. Imagine how the situation might look from another person's point of view.

- Be gentle with yourself and your thoughts. Try simply to watch rather than judge them, no matter how negative they seem. Become aware of how much less frustration, anger and resentment you feel. Tell yourself that you carry this new understanding with you.

- Move your head, hands and feet slowly. Open your eyes, look around; know that all is well with you and that you are in harmony with all that is.

There are many different sorts of impressions that we carry with us, consciously or unconsciously, which at some point we must look at, review and revise. Without doing so, it is difficult to allow our own subsequent levels of growth to emerge fully and freely. And, since personal growth and expansion is the goal of Second Aid, it is never too early or too late to reflect on our beginnings, on the past that has led us to this point, and thereby to rewrite history.



Consolidating your study experiences

Having completed each section of this module, try to write and/or illustrate and/or tape a holistic, understandable story about yourself. You will find clues to do this from within yourself contained in the sections you completed during this module, as well as external clues, in anything that you may have gleaned from other people or circumstances. Put each clue together as they can mirror a symbolic message for you about an aspect of your life that you may have been confused about. We have many mysterious aspects within our lives. By

going through this process, areas of our life can be transformed, clarified, solved or resolved as the internal and external aspects unite to enable transformation.

Once you have written your report or your journal, if you wish, you can send it to us and we will read it and give you some feedback to encourage you in your process of changing and being changed, as you discover and deepen your inner journey. If you are interested in this service, or in receiving e-mail support, (for which a charge is made), please see details of this in the SUPPORT section on the Second Aid web site – www.secondaid.net.

Focus on
Colour

Written by: Judy Fraser

Illustrations and typesetting: David Newberry

Edited by: Lorna Rapoport

Web site design: Juliet Webber at Parallel Design