



THE COLOUR ATHENAEUM

The Earth Band

Cream – Luscious Light

When we share the gifts we came here to express, we feel great joy, because we are aligned with our métier, our purpose for service. There is a deep feeling of rightness, which brings its own sense of reward.

Cream is the joy of serving, when you are fulfilling the role of service you are destined to serve. Cream adepts don't carry bitterness and resentment about the tasks ahead of them. They have the attitude of, "I get to do this," rather than "I have to do this."

The Cream Ray helps you accomplish tasks in a fun way without suffering burn out.



Journal, Create, Explore

1. JOURNAL :

- How do you feel about serving others? What forms does it take in your life? Reflect upon the way you might wish to be of service. What is your ideal scenario of service?
- What do you do to nourish yourself so your cup overflows? If you are a sucked fruit, you are likely to feel resentment rather than joy when you share. How do you 'indulge' so your cup remains full enough to share? How do you rebalance your energy after you have shared your service?? How do you stay restored and replenished?
- Cream is like Pure White with a drop of Burning or Strawberry Red. Who are your Cream Heroes or Heroines?

2. CREATE /ACTIONS:

- Draw your cream mandala, arrange a cream altar or make a vision board with all the juicy scenarios you can imagine to nourish yourself, so you are topped up and then ready to serve.
- Create your Cream Affirmation and share it with the group.
- Make something to eat or eat something that includes Cream. (Creamy mushroom pasta? Ice cream?) As you eat it, consciously invoke the Ray to nourish you.

3. EXPLORE: Suggested Journeys

- When you have a to-do list that is a mile long and feel overwhelmed, journey to Cream and ask for help to organize the list, to prioritize and help you flow with joy and ease as you complete your tasks.
- Ask Cream to take you on a vision quest so you may fall in harmony with your true purpose – so you can feel the joy of serving. Be sure to ask *how* you are to serve and *who* you are to serve.
- Ask Cream to what changes you need to make to nourish yourself so you may feel joyful when you serve. Ask Cream to show you where you need more juice in your life. After the journey, make the time to complete the actions and ***follow through*** on what information you received.