



## THE COLOUR ATHENAEUM

### The Earth Band

#### Sky Blue – Emptiness

There is a cooling, healing quality connected to Sky Blue. When you are empty, the universe can pour through in a refreshing uplifting way, like a breath of cool air. The power and healing beauty of Sky Blue comes from the highest spheres.

It is easy for Sky Blue adepts to fly free of any thoughts or emotions, which cloud and distort the presence of love. Sky Blue healing is extraordinarily powerful due to the peace of being empty, without the mind interfering.



Have you noticed that when you are doing anything with your complete concentration, there is no mind involved. It may be dancing, painting, gardening, carpentry or even washing up! When you are totally at one with what is before you, your task or your action, suddenly there is space within – an emptiness.

Sky Blue takes you beyond, where judgements get dissolved and harmony lies within you. Clarity comes with Sky Blue serenity and stillness.

#### Journal, Create, Explore

##### 1. JOURNAL :

- What activities help you to empty your mind of anxieties and troubling thoughts?
- Many people high on Sky Blue have the ability to see when their mind is in a negative loop and they can drop the loop. What do you do when you find yourself having obsessive circular thinking?
- What happy memories bring you freshness, clarity, and peace of mind?

- When do you most need the Sky Blue energy? How do you nourish yourself with Sky Blue when you most need it?

## 2. CREATE /ACTIONS:

- Choose to wear some Sky Blue clothing and invite the Master of the Ray to be with you.
- Paint the sky or take photos of skylscapes. See the land only as the frame for the sky. Observe the sky, go into its textures. Now, full of sky, make an image for a card or create a mandala.
- The Sky Blue emptiness meditation: as you meditate imagine you have no head. Instead of your head, there is the empty blue sky. Report your experiences of this meditation, compared to other experiences of meditation.
- To create the emptiness, to receive the Sky Blue, do Osho Nadabrahma humming meditation or gibberish to release and clear your space. After the meditation or gibberish, invite in the Sky Blue.

Alternatively, try alternate nostril breathing or any pranayama meditation – visualising Sky Blue entering you.

## 3. EXPLORE: Suggested Journeys

- Do a distance Sky Blue session for someone with a Rock. Go deeper in the journey than you did on the conference call. Take it to the next level.
- Find a family member or friend who is stressed and offer them a Sky Blue healing. Create sacred space, put on soothing calming music and merge with your true self, your body protector and then the Master or Mistress of Sky Blue. Place your hands on their head. After a few minutes you can try another hand placement on the head or wherever you are guided (avoiding sexually sensitive areas.) This is Colour Ray Ki. *[If no friends are available give yourself the healing, placing your hands where you are directed after you merge.]*
- Journey to Sky Blue and ask what teachings and gifts this Ray has for you. Ask Sky Blue how it would best be represented on your altar. Thank Sky Blue before you leave.

- Sky Blue has a cooling etheric property when transmitted. It can be transmitted through distant healing or through touch. Merge with your true self, your body protector and then with the Sky Blue master or mistress and asked to be taken to a troubled spot on the planet which is thirsty for Sky Blue energy. Observe what happens and share with someone about it.