



THE COLOUR ATHENAEUM

The Earth Band

Sapphire Blue – Transmitting

Sapphire Blue is the electricity of inspiration that emanates from meditation. It is a Colour of being alert: electric, mercurial; allowing divine energies to crackle through to the Earth and be rooted.

It is a Zen force of passionate energy transmitting intuitive flashes of inspiration, lightning bolts from the birth of creation.

Adepts are great teachers, relaying knowledge and energy, lighting up themselves and the people with whom they are working. Through silence comes the Sapphire Blue bolt of inspiration.



Journal, Create, Explore

1. JOURNAL :

- How does Sapphire Blue move through in your life? What areas of your life does it touch? How do you touch others with it?
- Sometimes we get great ideas or inspiration simply 'out of the blue'. Remember a time when that happened to you or someone close to you. How did that come about? How did it feel?
- There are infinite ways to be creative and channel our energies and energies from the "Beyond". Which ways give you the most pleasure and satisfaction?
- One of the tasks of visionaries is to dream the world we wish to live in into being. What inspiring visions do you hold for humanity on this planet?

2. CREATE /ACTIONS:

- Make space to do something not in your usual routine, something that is fun and may allow you creative expression. It may be as simple as collecting a few blossoms or leaves on a walk and making an arrangement for your altar. It may involve you taking another route, or perhaps trying a new flavour of ice cream. This is time to recharge your Sapphire Blue batteries.
- Create a Sapphire Blue mandala, or portal to ground the inspirational energy you receive.
- Create a Sapphire Blue eye curtain to invoke the Sapphire Blue rays of inspiration.
- Write an affirmation affirming your gratitude for the presence of Sapphire Blue in your life.
- Give thanks and acknowledge the creative expression of the Sapphire Blue in your life, no matter how seemingly small. List the ways you express your inspirations on a daily basis: writing, cooking, building something... whatever! Acknowledge what is. If you cannot see how you are creative ask someone else who knows you to reflect back to you the ways they see you being creative.

3. EXPLORE: Suggested Journeys

- Journey to Sapphire Blue and ask, "How can I ground the inspirations I receive in a way which is fun and practical, so I can prevent burnout and short circuiting?"
- There are many ways to court inspiration. How do you invoke your muse? If you do not have a way to do this, journey to Sapphire Blue and ask for a simple ceremony you could use to invite inspiration.
- If you have a Sapphire or another clear blue crystal or stone, journey to Sapphire Blue and ask for it to be charged with the most harmoniously aligned divine intentions for your creative inspirations. Ask how you should work with this stone and ask for a ceremony to activate it and how often you need to 're-charge' this stone in this way.