



THE COLOUR ATHENAEUM

The Earth Band

Peach – Intimacy

Peach is the colour of intimacy and a warm friendliness.

Imagine yourself in a desert landscape and the sun which has baked the stones all day long has now settled below the horizon. A cool breeze sweeps over the land. You find a large stone emanating warmth and you relax into it. When you are in the company of Peach Ray adepts, you feel comfortable and relaxed as you bask in the warmth they naturally exude. The sun doesn't try to shine and Peachy people do not try to be warm; it is simply their nature.



Journal, Create, Explore

1. JOURNAL :

- How relaxed and at home do you feel with yourself, having aloneness time without feeling lonely?
- How comfortable are you with intimacy with others? What challenges do you experience with allowing intimacy – both in allowing your warmth to emanate and in receiving caring from others?
- Lori H. Gordon author of *Intimacy: the Art of Relationships* states:

"We recognize that infants need to be held and touched. We know that they cannot grow – they literally fail to thrive – unless they experience physical and emotional closeness with another human being. What we often don't realize is that that need for connection never goes away. It goes on throughout life. And in its absence, symptoms develop – from the angry acting out of the adolescent boys, to depression, addiction, and illness. In fact, researchers are just at the very beginning

of understanding the relationship of widespread depression among women to problems in their marriages.”

Reflecting on this quote, consider where your needs for emotional holding and physical contact get met. Are they adequate for you?

- Describe your ideal Peach experience. What are the qualities you need and want in your intimate relationships? Put them in order of priority with the most essential at the top (need) and the less urgent (want) as you go down your list.

If you need a guideline, consider the work of Gary Chapman, the author of *The Five Love Languages*. He has broken down intimacy into five categories:

Words of affirmation

Quality time

Receiving gifts

Acts of service

Physical touch

2. CREATE /ACTIONS:

- Have a Peach-themed gathering (peach harvest party?) and invite friends to come and bring something related to Peach. For example, ask them to wear something Peach coloured. At the party eat peaches, or cook something with peaches in it. Have Peach coloured images, or soft furnishings around.
- Create a Peach portal: make a mandala, an image or an altar based on the essence of Peach. When your mandala, image or altar is complete, work with it by gazing at it for 5 minutes a day with the intention to attune to the Peach Ray. Enjoy the energy transmission. You can do this in silence or you can play music you love. You may dance or be still while gazing at your Peach portal.
- Create a Peach affirmation or choose a song which reflects Peach essence. Share it with the group.
- Invite a friend and meet up to go for a walk or out for a meal.
- Treat yourself to a massage or hands-on healing.

3. EXPLORE: Suggested Journeys

- Go to the Colour Ray Mansion to the Peach room. Meet Peach and ask to merge with the Master or Mistress of the Ray to experience a healing so you may understand what it feels like to be fully able to receive and transmit this energy.
- If you are feeling troubled about intimacy, go to the Peach Ray and ask for coaching help in the way you relate. Ask what you can do to improve the way you are relating with a specific person. For example, ask: "Please show me what I can do to improve the connection I have with ____."
- Ask for a ritual or ceremony you can do, and ask how often you should do it to improve your ability to bond deeply and harmoniously with others. **Please do not do this journey unless you intend to do the ritual you are given.** If the ritual is too complex ask Peach if it be made simpler so you can actually commit to the discipline of doing it.

Did you know..."Snacking on a peach can boost intake of vitamins A and C, and potassium, which aid immune function, collagen production, and maintain blood pressure, respectively. Peaches also contain a good amount of fiber—2.6 grams per large fruit at only 68 calories—that'll help keep you regular.

Additionally, peaches are a low- glycemic fruit that won't cause blood-sugar levels to skyrocket. They can help control cholesterol, mood swings, and protect the liver, too, thanks to the nutrient choline. Double up on choline by pairing peaches with foods that match well, like grilled chicken or cooked collards that contain even higher doses of choline. N.B. Avoid Peach pit seeds which contain the poison hydrocyanic acid.