



THE COLOUR ATHENAEUM

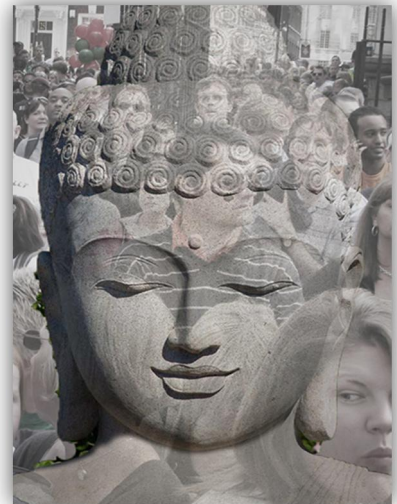
The Earth Band

Grey – Ordinarity

The Grey Ray helps us to find bliss in the ordinary. On the spiritual path at times, we retreat from the world so we can develop. Sometimes people take this to an extreme when first opening – becoming “Captain Cosmic”. The desire is to signify they have become initiated and the wish is to demonstrate they are somehow different, superior – transformed; not their ‘normal’ self.

When you get to the higher levels, you simply begin to become ordinary again, but you are ordinary with an extraordinary difference. Nowhere to go, nothing to do, but to simply enjoy this: whatever existence brings you in this moment: a sprinkling of rain, a cup of tea, a cat rubbing up against your leg.

Scripture says be in the world not of it. Grey Adepts know exactly how to do this. They can be meditative in the marketplace, not hiding in a holy mountain cave. Active in the “Grey” world, they retain their meditative centre and share their light without succumbing or conforming to crushing conditioning.



Journal, Create, Explore

1. JOURNAL :

- There is a famous poem by William Blake:

*"To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour... "*

Describe a moment when you saw the extraordinary in the ordinary.

- How do you describe your spiritual practices with someone who doesn't have any? What does it feel like for you? How do you describe your spiritual practices to a devout Christian/Muslim/Jew or Hindu? How does it feel?
- How at ease do you feel in the 'real' world? Are you easily able to remain true to yourself – even if you are incognito – without feeling a compulsion to completely conform to the 'grey' world? Have you got the balance right for yourself? If Grey is in the middle, do you lean towards abdicating your personal power or defiantly resisting conformity with a V sign to authority?
- Reflect upon this statement: "The Grey Ray is embodied when there is a deep understanding of the way the Grey game must be played, and a willingness to play it and enjoy it." How do you play the "Grey Game" and what do you most enjoy about it? Describe a scenario when you would call upon the Grey Ray to assist you in your present lifestyle.

2. CREATE /ACTIONS:

- Choose to wear Grey clothing and invite the Master of the Ray to be with you. Ask to merge with the Ray and be shown the benefits of sharing your Grey energy in the world.
- Try on a grey suit and do some role play... for an interview – asking for a loan, or a job.
- Think of a group of people you would not usually spend time around. Imagine a way you could spend time around them and blend in and be ordinary. Go and spend time with them. Report your experiences. One of the gifts of Grey is to adapt and go into any situation and play any role and play it to perfection.
- Create your image or mandala for Grey. Meditate with your creation, gazing at it and feel the blessings of being part of the great oneness and being anonymous and incognito.

3. EXPLORE: Suggested Journeys

- Sometimes people doing spiritual work, feel they are somehow superior to people who are not using any spiritual practices. Do a journey to ask your spirits to show how a spiritual ego could manifest in your attitudes.
- The Grey Ray shows that we are all connected, we are a unity and part of the

oneness. Ask the Grey Ray to show you how everything is spiritual from its point of view. Share new insights and surprises from this journey.

- Ask the Master of Grey to give you a healing so you can blend easily with people who do not hold spiritual values, without losing your joy and connection to the Divine. Ask to be given a simple method you can use to re-connect with your soul essence when you feel challenged in a 'grey' situation.