



THE COLOUR ATHENAEUM

The Earth Band

Buttercup Yellow – Joy

Buttercup Yellow brilliance is our sun-shiny soul-essence energy.

Exuberant joy is our birthright. We are divine beings of light and joy, laughing with irrepressible zest for life, the miracle of being in a 3-dimensional form. The natural flamboyant joy of simply being alive, hearing the birds, feeling the embrace of the winds and the warmth of the sun upon our skin is a celebration of what is.

Buttercup adepts know how to have fun and play – even when they embrace their challenges.



Journal, Create, Explore

1. JOURNAL :

- What is your happiest memory of carefree, wild, joy? What brings you joy?
- Examine your life and see what is weighing you down. What is curbing your joy? Is it necessary that it is there? Can something be changed?
- Many people high on Buttercup like to sing for no reason at all. How often do you find yourself singing in the shower, humming a tuneless tune or singing along with the radio?
- There is a wildness, a zany energy connected to Buttercup Yellow. How easy is it for you to allow your inner elf, your fool, to play? Recall a happy memory of your inner elf. If you don't have one, create a fantasy of one. How do you nourish your wild child self?

2. CREATE /ACTIONS:

- Choose to wear something bright Buttercup Yellow.
- Draw a buttercup, study one flower, stare at it and observe! Merge, become one with the essence of the buttercup as you draw it, absorbing the Ray. You can be impressionist or you can be quite literal in your drawing. The point is to spend time with the flower and listen to it, what it wishes to express to you.
- Make a mandala for meditation of the Buttercup Ray. Stare at your completed mandala. Play music you love and transfigure into your true self. Being your light, allow your light to flow anonymously – giving permission to your spirits to share it with who they see is asking for help and needs it.
- If you are feeling low or challenged, make a card for Buttercup Yellow. Create with your own imagery or use photos from magazines or internet downloads.
- Blow up some yellow balloons and play with them.
- Sing. Sing for no reason at all. Sing silly songs!
- Merge with Buttercup Yellow and play an instrument. Release the Buttercup energy through improvising with sound.

3. EXPLORE: Suggested Journeys

- Journey to Buttercup Yellow and ask to be shown how you can release more of your JOY.
- Ask Buttercup Yellow for a healing to remove whatever is curbing your enthusiasm, zest and joy of living. Ask what integration work you need to ground more Buttercup joy in your life.
- Ask Buttercup Yellow to show you what a day in your life would feel like if you were receiving and transmitting the ray effortlessly.