



THE COLOUR ATHENAEUM

The Earth Band

Lavender – Attunement

The Lavender Ray helps you to attune and merge with divine energy.

When you are conscious of the subtle layers of various levels of reality, it enriches everything. You recognize magic in the ordinary – whether you are glimpsing a rainbow arc in a dewdrop, or the owl flying beside you as you drive along the lane.

Spirit is always playing with you, enticing you to heal by recognizing and aligning yourself with the higher orders of being. The gift of the Lavender Ray is embracing the knowing that spirit is here to play with us, to teach us, to heal us and inform our lives. The Lavender Ray joyfully cleanses toxicity, purifying enlightening and liberating us.



Journal, Create, Explore

1. JOURNAL :

- The Lavender Ray invites us to taste the subtle energy realms while we are firmly grounded in this reality. All the worlds are one, it is just a question of perception. Recount one of the most significant experiences where you received help when you needed it – giving you 'proof' that the subtle realms were gracing your life.
- The world of the faeries and elementals exists alongside us at all times; simply we are not tuned to them. Describe how you experience the realm of the faerie folk or nature spirits. If someone said you are 'off with the fairies', would you take that as a compliment or an insult?

- What kind of things have you done to invite the divine into your living space?
- Many children have had invisible friends or experience the overlay of the lavender realms. The imaginal realms are close and easily accessible when we are encouraged to explore and play. Who transmitted the message to you that you needed to stop? What was the message or phrase you took in, which cut you off from the subtle energies because it wasn't the 'real' world?

2. CREATE /ACTIONS:

- To awaken your Lavender sensitivity, draw yourself a bath and put some dried lavender flowers or essential oil of lavender in it. Invite the Lavender Ray to give you a healing and cleansing transmission. Journal about any messages given, or simply about your observations of sensation.
- Create a Lavender meditation mandala or portal, by your own drawings or collages. If you have a Rock on this Ray, draw the Rock or tell its story.
- Plant some lavender in your garden. If you already have some plants with fresh blossoms, bring some inside for use in your home (after asking for permission from the lavender devas of course!). Put some in a vase on your altar, then make yourself a cup of Lavender tea.

If you have an abundance of lavender flowers, you may want to experiment making lavender sorbet, a tincture, a glycerite, or a cordial. If you dry the lavender, make scented pillows for dreaming, or burn it to use as smudge instead of sage, or simply as give away offerings to spirit. Your intention as you gather is part of the process.

Before harvesting (with a very sharp knife, scissors or secateurs), explain to the Lavender deva you want the flowers you use to carry the energy as well as the form because you are honouring and celebrating the plant. Remember to ask the deva what it would like you to do in exchange to support the plant with whatever it needs or wants. Then do it.

- Research the health giving properties of lavender – the essential oil or the herb.
- Create an affirmation for honouring the Lavender Ray. Share that affirmation on the WhatsApp group.

3. EXPLORE: Suggested Journeys

- Ask Lavender to give you a clearing and healing. Ask her what is the best method of self-care, self-maintenance for you at this time.
- Journey to the Master/Mistress of Lavender and ask to be shown how you can become more attuned to the subtle vibrations, the subtle realms while remaining firmly earthed and grounded in 3D.
- Ask Lavender to show you a simple method you can use to bring lavender healing energy present when you are confronted with a situation where people are feeling traumatized.