



THE COLOUR ATHENAEUM

The Earth Band

Turquoise – Vastness

Within ourselves, exists the depths and heights of the universe. The Turquoise Ray is immensely expansive and vast, bringing awareness to anything which keeps us limited, tight and small.

Turquoise Adepts experience the “bigger picture,” attuning to the subtle impulses from the secret source of creation, the vastness, the infinite. There is a trust as Turquoise expands beyond what has been known into the great eternal.

Turquoise invigorates us with a passion and zest for life which wishes to taste more, to experience more, beyond what is safe, known, and secure. Turquoise allows us to expand beyond our wildest dreams beyond fear; far, far beyond.



Journal, Create, Explore

1. JOURNAL :

- What would your life look like if you felt completely flexible, fluid and free?
- Firstly, consider how you sometimes limit yourself and curtail your energy. Then recall an expansive, emptying, relaxing experience, where you feel you were most authentically your true self in an effortless, ordinary way.
- What kind of activities cultivate the Turquoise energy of vastness for you? How can you invite them into your life more frequently?
- Where in your life do you feel cramped and tight and small? Create an affirmation

to turn that around. Share it with the circle to inspire yourself and others as well – so others can remind you and see you held in that vision.

2. CREATE /ACTIONS:

- Use the breath to help you feel more expanded. You may want to do some Pranayama breathing or a Salutation to the Sun or even the Cherokee Sundance to help move the breath and move the body. Become aware of your lungs and your breath.
- Think of a song which makes you feel the vastness. Sing along with it. Share it in the group.
- Create your Turquoise mandala, or portal. Meditate with it.
- Allow yourself to merge with the liminal – the horizon – where the sky meets the sea or land. Feel the spaciousness, the freedom. Now sing it, hum it, strum it, paint it; somehow creatively express it. Be with the infinite.

3. EXPLORE: Suggested Journeys

- Journey to meet your True Self. Ask your True Self to work with the Turquoise Master and any other power animal or teacher that wishes to help to “dismember and dissolve” the source point of whatever limits you from living large and experiencing your vastness. Do this as often as you need, whenever you feel restricted, held back or small.
- Do the previous journey while holding a piece of turquoise. Keep that supercharged Turquoise on your altar to remind you of your vastness.
- Journey to Turquoise to see how you could work with turquoise gemstones ceremonially to help: 1. Yourself, 2. Others. Get two separate ceremonies.