



THE COLOUR ATHENAEUM

The Earth Band

Black – Compassion

Black is a Ray that holds much power for transformation. When we honestly recognise and come to an acceptance of our hidden impulses and urges, we are able to channel the Black Ray consciously.

We are on an adventure of becoming more conscious; all the challenges presented by 'darkness' and 'evil' are opportunities for awakenings if approached with the love and generous understanding of the Black Ray.

Unaddressed pain can become distortions of the Black Ray. The skill of being with your own pain, allows you to be a true healer. Then it is effortless to sit with others as they dive into their own wounds. But you must be able to be with your own pain first. There are no shortcuts.



Many times the theme of a Black Rock is: "Misery loves company." This unconscious impulse creates chaotic situations where the people around are in as much discomfort as the one with the Rock. This is the twisted and distorted way that the Rock gets reflected back to one's self. Sometimes, Black Rocks provoke others until they are in a similar amount of pain. This happens accidentally through a lack of seeing.

Debbie Ford author of *Dark Side of the Light Chasers* writes:

"As we all have heard, love is the answer. Indeed it is, but it's not just the loving of our good self, of our good qualities. True love is embracing our dark impulses, our imperfections, our mistakes and our heartache. That is when one reconnects and experiences the love that is truly the answer."

GURUPURNIMA: FROM DARKNESS TO LIGHT

"Darkness is not powerful, darkness is not weak, because darkness does not exist at all. All that you need is just a small candle and the darkness will be gone. I call that small candle meditation, and out of that small light thousands of flowers blossom within your heart: love blossoms, freedom blossoms, truth blossoms, godliness blossoms, and so on and so forth."

There is no end to it -- it is an eternal garden. Flowers and flowers... your whole being becomes fragrant." - Osho

Journal, Create, Explore

1. JOURNAL :

- What have you been told is bad, evil? How have you disowned that part of yourself? What has been erased from your memory?
- Projections and mirroring: What behaviour in others triggers your disapproval? Turn it around and see how you are doing it in your life.
- What behaviour in others triggers your approval? Turn it around and see how you are also embodying that energy.
- How much do you judge others, feel the need to tell others what to do, how to be?
- What are you most afraid of?
- What is the worst pain you have ever experienced?
- What are you most afraid of that someone else will find out about you? What are you hiding and concealing? Why? How much energy is spent on hiding or keeping a secret?
- What is the biggest lie you have ever told yourself?
- What is the biggest lie you have ever told anybody else?

2. CREATE /ACTIONS:

- Create an image or altar piece for your Black portal. Meditate, journey through your portal. Ask for healing to go to a place in the world they designate as most needing the support of the Black Ray.
- Make a talisman to work with your hidden shadow parts. Befriend this talisman – which represents your shadow. Welcome it and spoil it like a most cherished loved one. Thank it for its teachings. Talk with it. Live with this talisman until you are ready to surrender it in a fire ceremony. Ask your teachers to designate the right timing.

- Think of a person whom you have hurt – consciously or unconsciously. Use the Ho’oponopono prayer: “I am sorry, please forgive me, thank you, I love you” going through each word, and really mean it. Really express your sorrow for having caused pain or suffering – knowingly or unknowingly. Express your need for forgiveness. Express your gratitude to this person for the teaching you have received, for this opportunity to see yourself, to become conscious and grow. Realize your love for this person, as they are now part of your soul-learning.
- Go into the ugliness of a global situation that disturbs you and offer Ho’oponopono as a prayer. Make a vision board to represent that issue having already been healed.
- Go to Byron Katie’s website: www.thework.com and download the free worksheet called “Judge Thy Neighbor” and fill it out. Do the process called “The Work”.

3. EXPLORE: Suggested Journeys

- Journey to meet Your True self and ask your True Self to introduce you to your Shadow Self. Ask the True Self what the Shadow Self most needs to work on right now. Ask your True Self the gifts the Shadow Self is giving to you now. Ask the True Self to give your Shadow-Self healing energy. Note where the energy goes and what happens. Now journal and reflect upon what soul lesson are you learning through acting out your shadow at this time.
- Your “mess is your message.” Ask the Master or Mistress of Black to give you the THEME SONG to sing out the story hiding in your shadow.
- Ask Black to show you what stops you from doing the work necessary to transform your life. Ask Black to show you how to dissolve what you were shown to give you a ritual or regular practice and how often you should do this.
- Ask Black to help you witness and remain resilient despite Darkness in the world. Ask for a simple method you can use daily to dissolve darkness in the world, without become depressed yourself.

