



THE COLOUR ATHENAEUM

The Earth Band

Primrose – Wonder

The simple, uncomplicated joy of seeing things afresh through the eyes of a child, is Primrose Yellow's gift.

In the tradition of Zen, one is asked to start with “beginner's mind”: releasing pre-conceived ideas and accumulated knowledge, starting fresh as if encountering something for the first time.

Not-knowing and opening ourselves to seeing beyond our conditioned constructs, we experience once again the joy of being delightfully present in the now.



Journal, Create, Explore

1. JOURNAL :

- Reflect upon the difference between childish and child-like.
- What triggers child-like magical awe and wonder in you? How do you honour the sacred innocence in your life now?
- Recall a significant moment in your life where you had a cherished Primrose Yellow experience. Create an image or picture in words to draw someone else into that magic and wonder.
- Recall a significant moment when you realised you crossed a threshold and lost your innocence. Write a letter to your lost innocence from the perspective of your True Self.

2. CREATE /ACTIONS:

- Go outside and simply be with a flower, it may be a Primrose, but if not, any flower. Lovingly gaze into this flower and be present with it, emptying yourself of thoughts. Merge with the flower and experience it. Become the flower.
- Create a Primrose Yellow affirmation, a portal mandala, or image.
- Make a cold infusion of primrose flowers by placing some in a glass of water for a few hours or you might wish to add a couple of primrose flowers into your salads. Drink or eat the essence of Primrose Yellow and merge with it. Do not do this unless you are 100% certain it is a genuine primrose flower: *Primula Vulgaris*. The 'primus', first rose we see in the spring.

3. EXPLORE: Suggested Journeys

- Consider the areas of your life that feel jaded, outworn and tired. Work with one of your teachers to uncover any areas you may have missed. With their help, make a talisman in your journey to hold that jaded energy and the tired, outworn perceptions. Take that talisman to Primrose Yellow and explain you need help, offering it up for transformation and recycling. Allow Primrose Yellow to respond, giving you love, healing and an experience.
- Society demands we strive and aspire, that we cultivate cunning and we learn to manipulate. We focus more on doing and less on being and presence. We learn many things but we can get scrambled in the process. Ask Primrose Yellow for a dismemberment to restore the openness to existence you may have lost.
- Ask Primrose Yellow to take you on an adventure in its realm so you can learn about and absorb the essence of the Ray, by becoming one with it.