



THE COLOUR ATHENAEUM

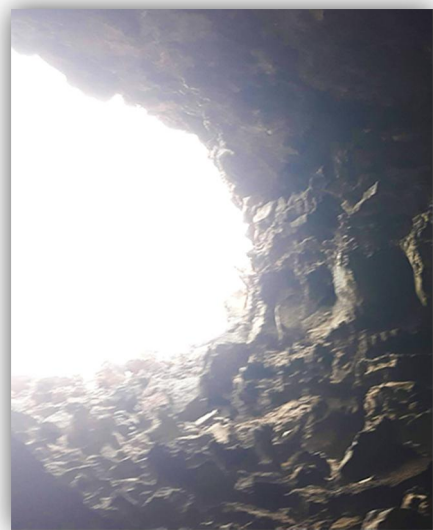
The Earth Band

Pure White – Dissolving

The simplicity and clarity of the Pure White Ray brings great bliss! Imagine the untouched snows high up in the mountains. The air is clear and clean; all is silent, pristine, radiant. Looking out from these vistas, you cannot but feel close to the divine source.

When we dedicate ourselves to merging with the divine, we experience profound silence and peace. In that place of quiet contemplation, with the devotional focus to meet God within yourself, you may find the urge to say, "Not my will but yours be done".

Pure White has a taste of surrender that asks nothing in return. The joy is in the experience of the connection with the Divine and being in the oneness. The joy makes the heart so full, it naturally overflows.



Journal, Create, Explore

1. JOURNAL :

- Pure White asks us to find that inner time to feel the silence so we can connect with our source within, so we may experience the descent of divine grace and the subtle energies of the spheres.

What kind of space have you created in your life for silence, peace, aloneness and meditation? However often you create this space, do you find it adequate to meet your needs? If not what do you propose to do about that?

- If you are a nurse or a care-giver, you will know this Pure White energy well.

Express your feelings about this side of your life – your feelings of personal satisfaction. What motivated you to go into this field? What continues to motivate and nourish you to keep going?

- What kind of activities make you feel the presence of the Divine? Describe a significant moment in your life where you felt utterly at one with 'God', the 'Universe', 'Spirit', the 'Oneness', whatever you would like to call it. Describe a moment where Pure White moved through you with silence and energy.
- Describe your most favourite spiritual devotional practice. What is your favourite way of expressing the essence of Pure White?

2. CREATE /ACTIONS:

- Create a prayer or affirmation expressing your Pure White energy. You may wish to find a mantra instead that many have used historically that carries the essence of Pure White. Share this with the circle.
- Wear all white clothing and include covering your head. Place your hands in prayer position in the centre of your chest near your heart. Observe your breath and draw in the Pure White Ray. Observe how you feel. Enjoy the energy transmission. You can do this in silence or you can play music you love or chant a mantra.
- Create your own mandala, painting or a collage with images of Pure White.(You can start with an index card and cut pictures out of magazines or download from the internet or draw and paint. If you like crafting you can make your own cards for each of the rays and use this as your own set. If you use an index card as the base then they will all be the same size.) Gaze lovingly into its centre for at least 5 minutes a day with the intention to attune to the Ray. (Are you wearing the white clothing?) Now sing your mantra.

3. EXPLORE: Suggested Journeys

- Go to the Colour Ray Mansion to the realm of the Pure White Ray. There is a community of people meditating and praying there. Join this community of people dissolving into their unique expression of the Divine. Celebrate being Divine as a community immersed in the Pure White Ray. Wear white in ordinary reality before you do this journey in non-ordinary reality.
- In a journey, ask your power animal to take you to the abode of The Pure White

Brotherhood. This is a place in non-ordinary reality – a place close to 3D. Note where you go, what happens, who you meet and the messages or gifts you receive. Share your experience with others who have done the same journey to see how your experiences overlap or differ.

- Play your drum, or rattle or put on some meditative music. (Wear white clothes.) Ask Pure White to simply be with you and merge into the Ray as you play or sing. Ask that this energy you are transmitting goes out to support whoever in the world is asking for help and needs it.
- Ask Pure White to give you a power song with a mantra to use when you wish to call in the highest vibrations to change the energy in your home, and work space, so that all who enter are blessed. Teach this to the circle or friends and have them sing it back to you and then with you.
- Journey to Pure White and ask to be shown what your altar should look like to welcome in the most profound Divine energy.