



# THE COLOUR ATHENAEUM

## The Earth Band

### Pink – Universal Heart

Pink is universal Love and compassion from the mother heart of the universe.

Existence loves us in a variety of ways, many of which we cannot comprehend. We are both the givers and receivers of this Divine Love for we are aspects of the Oneness. How firmly you stand in your own source often determines how abundantly you are used as a channel for Divine Love.



### Journal, Create, Explore

#### 1. JOURNAL :

- How kind and compassionate are you to yourself? What is the nicest thing you have ever done for yourself?
- Pink asks us to look at the balance of give and take in our lives. How easy is it for you to share your love? How easy is it for you to receive?
- What activities nourish the love source within you? What makes your cup overflow? How regularly do you nourish yourself so your cup can overflow?
- Describe a significant moment in your life where you felt utterly loved and held by 'God', the 'Universe', 'Spirit', the 'Oneness', whatever you would like to call it.
- Describe a seminal moment where you know the Universe moved through you to support another.

## 2. CREATE /ACTIONS:

- Practice Pink! When you feel anger or hatred towards a world leader or someone who has hurt you, employ the Hawaiian shamanic tradition of **Ho'oponopono** in the four steps:

**I am sorry,  
Please forgive me,  
Thank you,  
I love you.**

If you have never done this practice before, there are several good books which can guide you into the understanding of the principle of Oneness which it rests upon. If something bad is happening and we are aware of it, it is our responsibility to clear it energetically as we are all one being. And the bonus of this practice is... it works beautifully.

- Discover your favourite way of expressing the essence of Pink. You may choose to wear something or craft making something Pink. While crafting invoke the Ray – shamanic art is power.
- Create a mandala, based on the essence of Pink. You can paint it, draw it. Make it with fabric or string or images, whatever you fancy. When your mandala is complete, work with it by gazing lovingly into its centre for 5 minutes a day with the intention to attune to this Ray. Enjoy the energy transmission. You can do this in silence or you can play music you love and dance with your mandala. You can also use this image to support others who have a Pink Rock by placing their name and a crystal upon the image on your altar.
- You may enjoy creating your own card with images of Pink. Cut pictures out of magazines or download from the internet, Alternatively, 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. )
- Roses are a symbol of love and can be used to transmit the energy of love and compassion. Anoint yourself with rose oil. Pluck some fresh petals (organic, not from a florist) and make yourself a cup of tea. Make a rose petal 'glycerite' or a rosehip vinegar. Plant a pink rose bush with the intention of it growing it to bring more compassion and love into this world (and to make your own remedies!)



### **3. EXPLORE: Suggested Journeys**

- Go to the Colour Ray Mansion to the realm of the Pink Ray. Ask the Mistress or Master to take you to the Pink Lake for healing. Enjoy a Watsu transmission as you are floating in this warm, Pink lake, held by the Master or Mistress of the Ray. As they gently cradle, move, stretch and massage you in the chest-deep pink warm water, absorb the Ray and the healing.
- Think of someone you are upset with and you are having a hard time forgiving. It can be a person close to you or distant like a political leader. Choose someone whose behaviour disturbs you. Allow the Pink Master or Mistress to embrace you as you consider this person. Ask to the teacher to allow you to look at this person from their eyes, the eyes of compassion.