



## THE COLOUR ATHENAEUM

### The Earth Band

#### Maroon – Steadying

Life pushes us, rocks us and rolls us as it challenges us to grow. That is how it is meant to be! How easily you come back to your centre of stability – whatever that means for you – is the Maroon gift.

As deep as your roots go into the earth the higher you can fly. If we are not earthed we cannot receive divine energies easily and share them with this world.

There is a children's toy called 'Weebles' which is a weighted egg shaped figure. No matter how many times you push the Weeble, or throw the Weeble, it rocks and wobbles, but returns to its standing position. They were advertised as: "Weebles wobble but they don't fall down." This is the essence of Maroon. We all wobble but we eventually come back to centre.



#### Journal, Create, Explore

##### 1. JOURNAL :

- Describe your Roots, what keeps you rooted? What is the incentive to keep you on the Earth? What activities do you do to ground yourself – especially after spiritual work?
- Contemplate a time in your life when you felt unable to bounce back. Recall how you rethreaded your stability and eventually found your way back.
- It is said the Maroon adept is the one who will have the presence of mind to go put on the kettle and make a cuppa when a traumatic event happens. When people are losing the plot around you, how is it for you? Do you keep your cool? Do you go into empathy mode and start feeling the rising hysteria? What do you do?

- Reflect upon the poem, "The Desiderata" by Max Ehrmann. Do you agree with its advice?

*"Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and ignorant; they too have their story.*

*Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.*

*Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.*

*Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.*

*Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.*

*Therefore be at peace with God, whatever you conceive Him to be. And whatever your labours and aspirations, in the noisy confusion of life, keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy."*

## 2. CREATE /ACTIONS:

- Get your hands in the earth, weeding or planting, watering or tending your garden.
- Do some physical crafting work such as carving, sculpture, painting, knitting, crochet, spinning; make something with your hands.
- Wear Maroon coloured clothes made from natural fibres. Walk barefoot when you can.

- Cook nourishing food and enjoy the process of cooking with the gifts from the earth, knowing the earth as your mother, thanking the earth for giving you sustenance for life.

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

- Journey and ask Maroon for an image or mandala you can make to gaze at meditatively to feel the blessings of being grounded and connected to the earth. Ask for an affirmation to go with your image.
- Maroon is deeply connected to the element of earth. Journey to get a ritual of honour to respect the Earth and thank the Earth. Ask how often you should do this ritual. Share that ritual with the circle.
- Journey to Maroon to see a metaphor of your roots. Draw the roots as a reminder of your own self-care. If the roots do not feel strong enough ask for a prescription ritual to strengthen your roots and ask how often you should do it.
- If you had a trauma and haven't been able to 'bounce back' ask Maroon for a healing and to show you how to bring back the feeling of grounding and centering.