

Days of the Week from “*The Handbook to the Holistic I Ching, the Oracle of Wholeness*” by J M Jeffrey.

## **COLOUR MEDITATIONS, MUSIC, DAYS, RUNES & GEMS**

This article is designed for use as a workshop, using the listed music and gems. People attending would be asked to bring colourful articles and gemstones.

The Seven Colours of the Rainbow can be linked with the symbolism of the Days, also the Northern European Runes (a full List of Runes can be found in the Appendix to *The Handbook to The Holistic I Ching*). Also mentioned in this talk is the symbolism of the Planets, i.e. the qualities humanity has *associated* with, or projected onto the planets. This is presented as simply a lovely way of choosing an invocation, music or colour for the day, e.g. when working with children, art projects, group or personal meditation, therapy, design, gems, symbolism, etc.

**YELLOW OR GOLD - SUNDAY** - named after the Northern European Rune (or pictograph<sup>+</sup>) of Sowelu, The Sun, the outline of which looks like an S. It signifies confidence, vital health and renewal of optimism. Therefore, Sunday (more-Yang\* energy) is said to be an excellent day for family picnics, weddings, outings, parties, choirs, health\fitness, religious celebrations, short journeys.

(+A picture representing a word or idea.) (\* more-Yang, is nothing is totally Yin or Yang.)  
See the colour Yellow/Gold below for meditations and music.

**PEARLY WHITE - MONDAY** - the Rune of Laguz, Water, associated with the tides of feelings and the Moon, the outline being like the prow of a boat. It stands for peaceful self-reflection, as the light of the Moon is a pale reflection of the Sun. Hence Monday (more-Yin energy) is said to be a suitable day for walks by the water, swimming, boating, writing, song/poetry, film, counselling, study, or working quietly.

**RED - TUESDAY** - Tyr's day, named after Tyr and the Rune of Teiwaz (like an arrow), standing for victory through sacrifice for others, leadership, mastery, courage, unselfishness and justice. Therefore, Tuesday (associated with Mars or more-Yang energy) is said to be an excellent day for community campaigns, legal issues, parades, sporting events, charitable drives, competitions, calls for unity and social justice. Power through example. Hence also a time for personal victories over anger, resentment or disunity.

**ELECTRIC BLUE - WEDNESDAY** - Odin or Woden's day (an archetypal magical wise Elder figure like Gandalf). The Rune is Ansuz - the staff of Odin that linked Heaven and Earth through wisdom, or vital communication as a catalyst for change. Thus Wednesday (linked to Mercury and more-Yin energy) is seen as a fitting day for meetings, workshops, seminars, the media in general, announcements, advertising promotions, computers /software /internet matters, concerts, presentations, etc.

**ORANGE/PEACH- THURSDAY** - or Thor's day - an archetype of awesome power as in lightning and thunder, similar to aspects of Jehovah, Jupiter, Shiva or Zeus. The keynotes are victory and expansion, but also creative/destructive cycles.

The implication is that awesome power can be easily misused with inevitable results. The Rune of Hagalaz (like an 'H') signifies awakening and powerful change, but also the destruction of storms and hail. Hence Thursday (linked to Jupiter or more-Yang energy) is seen as the best day for creative or innovative projects, financial or real-estate investments, business negotiations, etc., with a focus on using power wisely to avoid sudden *thunderbolts*. A time for dynamic energy without over-extension.

**VIOLET OR LAVENDER - FRIDAY** - or Freya's day - the wife of Odin and patron of relationships. The Rune is Gebo, in the shape of an 'X' or a kiss. It stands for partnerships, mutual benefit, as well as giving and receiving gifts to consolidate same. Therefore, Friday (linked to Venus and more-Yin energy) is regarded as the best day for romance, engagements, gifts, celebrations, or artistry with an emphasis on beauty. Other keynotes are mutual responsibility or respect, an equal energy-exchange and strengthening unity through generosity.

**GREEN - SATURDAY** - Saturn's day - representing rewards following hard work, or rest (e.g. the Sabbath when *God is said to have rested on the Seventh Day of ongoing Creation/Evolution.*) The Rune is Jera or the Harvest, standing for the promise of fruition after right effort. The patron for agriculture was Frey. Hence Saturday (linked to mature Saturn and more-Yin energy) is regarded as the best day for formal rituals, traditional services, anniversaries, graduation dinners, solemn, subdued or serious events, remembrance, or harvest markets. The focus is on reaping what is sown, as well as guaranteed success when work is done well.

As you can see each day relates to an archetypal quality such as courage, generosity, sacrifice, etc. Thus the Seven Colours and Days can ultimately, relate to qualities required on the Path to integration with *the White Light behind all colours*.

**Affirmations** on colour are from "*The Power of the Rays - The Science of Colour Healing*" by S. Ouseley. The Invocations are from "*The Royal Road*" by Stephan Hoeller, Quest Book, plus I shall use two Celtic Prayers. Comments on Music are from "*Music and Its Secret Influence Throughout the Ages*" by Cyril Scott and "*The Healing Energies of Music*" by Lingerman, Quest Book. **Whirlie instruments, linked to musical notes and which anyone can play: [sarahhopkins.com](http://sarahhopkins.com).**

**Colour Therapy:** - "*Colour Me Beautiful*" (there are two books, one for women and one for men) by Carol Jackson. These Colour Palettes can be used for clothing, artwork, craft, home decorating, garden design, making jewellery/beads, scarves or quilts, or paint schemes, etc.) Buy from Amazon.com or order at major bookstores.

## THE COLOUR RED -

*(For a workshop, attendants can place Red articles (scarves, jewellery etc.) in the centre of a circle, keeping any Red gems or crystals to hold in their hands.)*

The note associated with Red is C or the sound Doh, on the Doh Ray Me Scale. While the keynote qualities are **Motivation and Drive**.

**PLAY Red WHIRLIE** (Or note of C on guitar) Whirlies from SarahHopkins.com

Red relates to the **Chakra at the base of the spine**. Beethoven's 5th Symphony in C, is in harmony with this colour and keynote -- or similar fiery music in C. Use the keynote of red when feeling lethargic, cold or lacking in motivation. For example, by playing dramatic fiery music, or holding or wearing the gems of **Ruby** (6th Ray of Devotion), **Red Coral**, **Red Jasper**, **Red Carnelian** (great in winter), or **Garnet** (grounding). Burning **Rose Oil** or **Incense** is also recommended for meditation.

*Gems are said to be the pinnacle of the mineral evolution and likewise, the rose of the flower evolutionary stream — and are all based on divine archetypal patterns. Thus we value them greatly for their beauty and effect.*

Play **TRACK 1 BEETHOVEN Symphony No. 5, part of Third movement softly**. Every movement is **fiery**, even the quiet movement.

(While music playing) As you listen, think of the qualities of courage, determination, resolute will-power, powerful dynamic energy, motivation for the good of the whole and creativity. All qualities possessed by Beethoven. Here are two invocations:

"With eyes closed, take a deep breath and imagine rose red infusing your whole body, coming up through your feet and into your back.

Concentrate on Red and feel it. (Say to yourself slowly:) the Rose-Red Cosmic Ray - is flowing through my blood-stream ----- eliminating toxins ----- and giving me new vitality and vigour". (Now from Stephan Hoeller's "The Royal Road") "Oh Source of power and wisdom, fountain of the Stream of Life, I pay homage to thee. Thou are the wielder of the rod of power, the wise one who orders the elements of my being. Be my guide. I am in the process of being transformed, from a child of darkness and light, to a being of pure light - from a creature of impulse, to a being of enlightened will. Bring into my personality, a flash of divine lightning, so that I may awaken to the consciousness of my authentic nature. Hail to thee o Source of Vitality. ....

I am thy light, love, and power." then.. ..... to clear the colour red, visualize a stream of white light infusing your body.

### ORANGE/PEACH:

Place Orange or Peach articles in the centre, but keep any Orange gems or crystals to hold in your hand.

The note associated with Orange is D or the sound Ray - on the Doh Ray Me scale. The keynote qualities are **Confidence and Enthusiasm**. It is related to the Sacral Centre (abdomen).

**Play ORANGE Whirlie or Note of D on Guitar.**

The music linked to Orange is e.g. *Summer* in the *Four Seasons* by Vivaldi or similar bright happy energetic music. I have chosen the Karelia Suite by Scandinavian composer Sibelius .

When you have low energy levels, respiratory problems or lack of vigour, wearing or holding the gems of **Amber** (clears electrical energy - wear when on computer for a long time) and **Tiger's eye** (inner strength) **Orange Carnelian** (warming, energizing) could assist. Also in meditation or around the home, burning the essential oils of **Ti-Tree, Mandarin, Orange or Neroli** can help one to feel more lively if feeling low.

**TRACK 2 part of Karelia Suite (softly) (lasts 4 mins.)**

With eyes closed, visualize the colour Orange coming up through your feet. Take a deep breath and feel orange infusing your whole body. Focus on it and breathe it in. "The Orange Ray - is flowing through my glands - invigorating and re-vitalizing me."

"I am one with the Light of the Sun  
It shines through me and all those present.  
It is part of the healing love from the One Source of energy. ....  
It is radiating upon me and permeating every part of my body,  
Healing, soothing, strengthening, and releasing anxiety.  
It lifts me up, giving me optimism and confidence.  
I have good health, so that I may better serve myself and others."

(While still playing music.) As you listen, think of orange Tulips swaying in the breeze -- a grand view -- a large tropical garden -- trekking through the outdoors. To end this section, visualize a shaft of white light gently settling down upon you.

## YELLOW OR GOLD

Place Yellow or Gold articles in the Centre, but keep any yellow gems or crystals to hold in your hand.

The note is E and the sound on the Doh Ray Me scale is Me. The keynote qualities are clarity, foresight and brilliance.

**PLAY YELLOW WHIRLIE** (or note of E on guitar).

This keynote and the colour Yellow is related to the **Solar Plexus Chakra** and assists with clarity and focus. The music has bright clarity. Symphony No. 3 by Beethoven is in the key of E. Or music by Bach relates strongly to the clear colour of Yellow.

I shall play a portion of Bach's *Violin Concerto in E Major*. Most of his work was very intricate, clever and mathematically brilliant. By the way, Jazz also relates to Yellow and many Jazz musicians have played Bach in their own style.

Whenever you need to use quick decision-making, or when doing research and study, or for concentration, it would be helpful to wear or hold a **Golden Topaz**, (generosity) or **Citrine** (clarity), or **Yellow Crystal** (crystals need to be *programmed with positive thought*) or a **Yellow Diamond** (1st Ray - spiritual will).

Burning the essential oils of **Lemon or Jasmine** or using this **incense** may also assist. Both have a sharp quality. Lemon Yellow great for a study/classroom.

**TRACK 3 - Bach's Violin Concerto in E.** (3 mins)

Close your eyes and we will visualize Yellow coming up through the feet, enveloping the body and the whole room. Breathe in yellow. Think of daffodils bobbing in a field, or Spring flowers, or young animals romping joyously.

"Say to yourself — The Yellow Ray is drawing into my solar plexus ---- my spinal chord is being filled with golden light....."

"I ask for clarity of judgement, so I may give a clear account of my actions as I proceed from humanity to the Godhead. I am becoming more aware of my motives and intentions. I shall weigh the results of my actions and intelligently co-operate with the Great Law. ...."

I shall abide within the Law so that all my efforts shall bear fruit. May the sword of Truth and Justice uphold and defend me until the end." Then think of a ray of white light entering your mind.

## GREEN

Place Green articles in the Centre, but keep any green gems or crystals to hold in your hand.

Green relates to the chord of F and the sound is Fah. The qualities are **balance in life and harmony with Nature.**

**PLAY GREEN WHIRLIE (or note F guitar).**

This sound and the colour green relates to the **Heart Chakra**. The associated Music is where love and devotion are emphasized, or choral sacred music. Or you could choose soft Nature Music with bird sounds, or Pan flute music, or Beethoven's Symphony No. 6 in F "The Pastoral". (*Beethoven knew about such correspondences.*)

Whenever you are feeling irritable or stressed, wearing or holding **Jade** (wholeness and harmony with the Tao), **Emerald** (courage freedom), .... **Tourmaline** (prosperity) or **Green Agate** (gentleness and beauty) in meditation would assist.

A wonderful gem is **Green Peridot**. It has the energy of Spring, renewal, washing away the past, forgiveness, bringing the new into your life. (Remember that Green relates to the Heart Chakra.) Wear Peridot when starting a new cycle and for releasing past hurts, resentments or bitterness. It symbolizes new life as in new plants or leaves.

**Play TRACK 4 Afternoon of a Faun by Debussy (3 mins)**  
which comes from a CD called *Classical Birds* - lovely music with bird song.

(While playing) It begins with birds and flute. Think of a small deer playing on the green grass in a cool glade. With eyes closed ..... visualize the colour Green. Picture green entering from near the region of the heart. Breathe green into the heart. "The Green Cosmic Ray is flowing through my heart - restoring rhythm and balance." And now another invocation by Stephan Hoeller.

"Through the central gate of balanced being, I enter into the palace of the heart. I call upon my faithful helpers, sympathy and sincerity to aid my passage to the inner worlds. Humbly I bow towards the Godhead that reigns at the centre of my being. ...

I contemplate the glorious beauty of the One that resides at the heart of all creatures - in the trees, plants and animals. .... May my mind be ever aware of its magnificence and my heart irradiated with its Love. ....

Mine is the cup of Joy, Balance and Abundance. My Cup Runs Over and all my needs are fully met."

To end, feel that a ray of white light is radiating from the heart centre.

## BLUE:

Place Blue articles in the Centre, but keep any Blue gems or crystals to hold in your hand.

Blue relates to the note of *G* - or *Soh*. It relates to the Throat Chakra and the key quality is **Inspiration**.

**PLAY BLUE WHIRLIE.** or note *G* on *Guitar*.

This sound the colour Blue accords with smooth flowing music like the ocean or like a brook, e.g. *Ocean* music. Or you could play *Adagio* by Albinoni, i.e. something cool and relaxing, perhaps with a water sound. When needing to relax, unwind or in need of quiet and settling, wearing or holding **Sapphire** (2nd Ray - Wisdom), **Aquamarine** (peace of mind), **Paua Shell**, **Lapis lazuli** (third eye intuition and depth of insight) or **Turquoise** (self-containment and balance) would be helpful.

**TRACK 5 - "Dreams of Surf"**, about a sea voyage, by Vangelis from his Album called *Reprise*. (3 mins.)

Close your eyes and visualize blue - imagine blue light entering into the throat region. "Blue light soothes - and strengthens my throat. - I am able to communicate - with all people - in peace and love."

And a Celtic prayer:

"I am enfolded in the arms of *God/* or the *Goddess*,  
The *Father/Mother* of all living things,  
Whose love is poured out upon the whole Universe.  
It is the beauty of the **blue** Earth and  
the white moon among the stars.  
It is the mystery of the Waters.  
It has been with me from the beginning .....

and waits upon me now. ....  
 For The Great Light is within all.....

Celestial Father/Mother, grant me this day  
 That everything I do, shall be as lovingly and well performed,  
 as though it were done with your divine hands.  
 Fill me with your energy,  
 That I may give beauty and peace to the world.  
 That I may perceive the wisdom in all your Creation.  
 Grant that this day I shall add another jewel  
 to the temple of my soul." .....

Now visualize a being handing you a chalice of white light. Take this chalice and drink from it.

### VIOLET, PURPLE OR LAVENDER:

Place Violet or Lavender articles in the Centre, but keep any Purple or Lavender gems or crystals to hold in your hand.

The note associated with Indigo or Purple is A or Lah.

It relates to the **Brow Chakra** (or Third Eye) of **intuition and creative imagination**, as well as psychic perception.

**Play Purple Whirlie or note A on Guitar.**

The Music associated with Purple or Indigo is anything that includes Mantas or Chanting, e.g. a piece by Ross Edwards the Australian composer who wrote the "Dawn Chorus" for the Millennium Event in 2000 at the Opera House . Or you could play the CD *Dakshina*, with chanting in Sanskrit by Deva Premal and Miten.

When needing to foster greater dignity and self-respect, holding or wearing an **Amethyst** (self-worth) or **Lapis Lazuli** (devotion, associated with Mary/Isis) would assist to promote this energy.

Burning **Lavender Oil or Incense** is very calming and relaxing.

**Play TRACK 6 - Om Hraum Mitraya by Deva Premal from CD *Dakshina*.**



(While playing) Close your eyes and reflect on an important goal or noble aim you would like to reach in this lifetime. Say to yourself: "I direct purple fire from within my mind, .....so that the arrow of my thoughts, .....may be aimed at my goal. .... I visualize the arrow reaching its target. ...."

The arrow flies into the heart of all. ....May the arrow and its target remain forever united in beauty and love." And now a Celtic prayer:

"Oh Devas of Beauty,  
 Let me stand in your temple of colour supernal,  
 Within the symphonies of the Divine.  
 May I achieve harmony with the Heart of the Cosmic rhythm,  
 Radiating, uplifting and expanding the Beauty of that Heart,  
 In all my aspirations and actions."

Now visualize a white light radiating from the Brow Chakra.

**PEARLY WHITE** or **Pale Lavender** (Like a Moonstone):

Place White articles in the Centre, but keep any White , gems or crystals to hold in your hand.

The note is B and the sound is Te on the Doh, Ray, Me scale. It is linked to the **Crown Chakra**, above the head and the quality of transcendence.

**Play WHIRLIE in B, or note of B on Guitar.**

A pale Violet almost White, like a Moonstone (higher seeing or direct knowing), or Selenite (transcendent clear thought) , or Clear Quartz Crystal (remember to wash them and place in sun) is related to this keynote. You can hold them when meditating. The energy is very refined, subtle and pure.

This note and colour of Pearly White is linked to **Sandalwood Oil or Incense**, which has a *cleansing* and purifying effect. It is wonderful for clearing negative energy in a home, or helping when someone is mentally troubled. You can also use it in a new house, or if a place has disturbed by former harmful influences.

The associated music would be *angelic* synthesized music, preferably in the note of B.

**Play TRACK 7** a portion of *Songs of the Wind* - by Sarah Hopkins - from her CD "Reclaiming the Spirit". ([www.sarahhopkinsmusic.com](http://www.sarahhopkinsmusic.com))

"Close your eyes and visualize a pale Violet Crystal. Then imagine the light of the crystal enveloping your head and your whole body. Your body is becoming almost transparent. ....

Your organs, bones and flesh becoming crystal clear. Negative thoughts can be washed away. Feel that your aura is now being cleansed - as if a river of violet light was flowing through you..... Your mind is becoming crystal clear. Personal problems are being released, as the universe is yours. ....Your thoughts are like a still lake which reflects perfectly the snow capped mountains above it. You are at peace and in stillness - enveloped by white light."

(End of talk)

Thank you