



April Informer

Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.

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Celebrating 20 Years

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FROM THE
Editor

I'd like to thank all our contributors for articles submitted, as I am taking on additional responsibilities with my lions club. As of July 1st, please welcome Diane Collett as Editor, send all submissions to: diane@angelicpresence.com.au

Regards Tim Fraser

ARTICLE SUBMISSION GUIDELINES

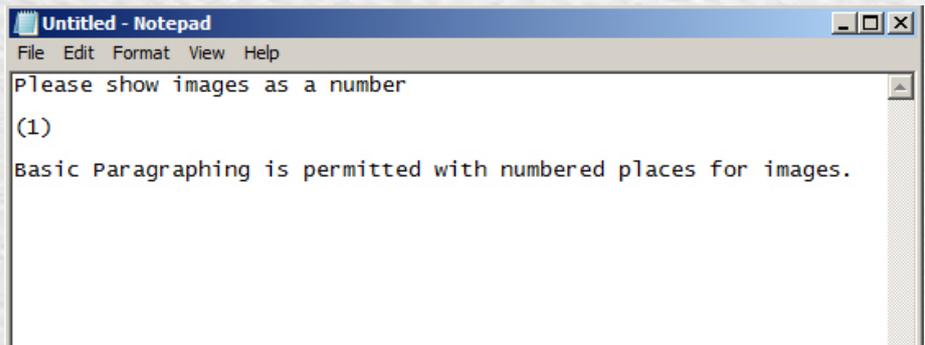
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

All images must be submitted individually named with corresponding numbers.

Article Length Maximum
1000-2000 words

- *Editor*

Please email .txt documents to:
diane@angelicpresence.com.au



Colour Psychology

By Tim Fraser

The human body is intimately keyed to colour through its evolution, and colour therapy is important method of treatment.

Colour is a sensation it enriches the world and our understanding of it. We use it as a code it has been observed that the absence of light can cause a person to suffer in body and mind. We are influenced by the distinctive vibrations and wave lengths that each hue in the spectrum possesses. These vibrations correspond with the body's inner rhythm. Every organ resonates to a different colour. When we are troubled we can use an appropriate colour to harmonise and re store the equilibrium.

Therefore Psychological associations with each colour that can be linked with moods, emotions and performance. It can reveal the significance of our actions that cannot otherwise be observed. We know that colour enables us to communicate with the hidden parts of ourselves and others and to uncover our own sometimes hidden agenda's.

It is a language that can be learned in the same way you can learn the alphabet in order to read and write. When you understand its basic meanings you can interpret what is happening, the bottom line.

Colour is all around us and effect's us in many ways. We are swamped with colour from the times we are born. Colour is a tool for self-discovery in a non -evasive way. Get to know what colour can do for you, it could change your life.

Source Lilian Verner Bonds

President International Association of Colour, she is an international author, lecturer, teacher and healer.

Psychological Properties Of Colours

There are four psychological primary colours - red, blue, yellow and green. They relate respectively to the body, the mind, the emotions and the essential balance between these three. The psychological properties of the eleven basic colours are as follows (Learn how you can harness the positive effects of the colours, by joining us on one of our [courses](#)):

RED. Physical

Positive: Physical courage, strength, warmth, energy, basic survival, 'fight or flight', stimulation, masculinity, excitement.

Negative: Defiance, aggression, visual impact, strain.

Being the longest wavelength, red is a powerful colour. Although not technically the most visible, it has the property of appearing to be nearer than it is and therefore it grabs our attention first. Hence its effectiveness in traffic lights the world over. Its effect is physical; it stimulates us and raises the pulse rate, giving the impression that time is passing faster than it is. It relates to the masculine principle and can activate the "fight or flight" instinct. Red is strong, and very basic. Pure red is the simplest colour, with no subtlety. It is stimulating and lively, very friendly. At the same time, it can be perceived as demanding and aggressive.



BLUE. Intellectual.

Positive: Intelligence, communication, trust, efficiency, serenity, duty, logic, coolness, reflection, calm.

Negative: Coldness, aloofness, lack of emotion, unfriendliness.

Blue is the colour of the mind and is essentially soothing; it affects us mentally, rather than the physical reaction we have to red. Strong blues will stimulate clear thought and lighter, soft blues will calm the mind and aid concentration. Consequently it is serene and mentally calming. It is the colour of clear communication. Blue objects do not appear to be as close to us as red ones. Time and again in research, blue is the world's favourite colour. However, it can be perceived as cold, unemotional and unfriendly.



YELLOW. Emotional

Positive: Optimism, confidence, self-esteem, extraversion, emotional strength, friendliness, creativity.

Negative: Irrationality, fear, emotional fragility, depression, anxiety, suicide.

The yellow wavelength is relatively long and essentially stimulating. In this case the stimulus is emotional, therefore yellow is the strongest colour, psychologically. The right yellow will lift our spirits and our self-esteem; it is the colour of confidence and optimism. Too much of it, or the wrong tone in relation to the other tones in a colour scheme, can cause self-esteem to plummet, giving rise to fear and anxiety. Our "yellow streak" can surface.



GREEN. Balance

Positive: Harmony, balance, refreshment, universal love, rest, restoration, reassurance, environmental awareness, equilibrium, peace.

Negative: Boredom, stagnation, blandness, enervation.

Green strikes the eye in such a way as to require no adjustment whatever and is, therefore, restful. Being in the centre of the spectrum, it is the colour of balance - a more important concept than many people realise. When the world about us contains plenty of green, this indicates the presence of water, and little danger of famine, so we are reassured by green, on a primitive level. Negatively, it can indicate stagnation and, incorrectly used, will be perceived as being too bland.



VIOLET. Spiritual

Positive: Spiritual awareness, containment, vision, luxury, authenticity, truth, quality.

Negative: Introversion, decadence, suppression, inferiority.

The shortest wavelength is violet, often described as purple. It takes awareness to a higher level of thought, even into the realms of spiritual values. It is highly introvertive and encourages deep contemplation, or meditation. It has associations with royalty and usually communicates the finest possible quality. Being the last visible wavelength before the ultra-violet ray, it has associations with time and space and the cosmos. Excessive use of purple can bring about too much introspection and the wrong tone of it communicates something cheap and nasty, faster than any other colour.



ORANGE.

Positive: Physical comfort, food, warmth, security, sensuality, passion, abundance, fun.

Negative: Deprivation, frustration, frivolity, immaturity.

Since it is a combination of red and yellow, orange is stimulating and reaction to it is a combination of the physical and the emotional. It focuses our minds on issues of physical comfort - food, warmth, shelter etc. - and sensuality. It is a 'fun' colour. Negatively, it might focus on the exact opposite - deprivation. This is particularly likely when warm orange is used with black. Equally, too much orange suggests frivolity and a lack of serious intellectual values.



PINK.

Positive: Physical tranquillity, nurture, warmth, femininity, love, sexuality, survival of the species.

Negative: Inhibition, emotional claustrophobia, emasculation, physical weakness.

Being a tint of red, pink also affects us physically, but it soothes, rather than stimulates. (Interestingly, red is the only colour that has an entirely separate name for its tints. Tints of blue, green, yellow, etc. are simply called light blue, light green etc.) Pink is a powerful colour, psychologically. It represents the feminine principle, and survival of the species; it is nurturing and physically soothing. Too much pink is physically draining and can be somewhat emasculating.



GREY.

Positive: Psychological neutrality.

Negative: Lack of confidence, dampness, depression, hibernation, lack of energy.

Pure grey is the only colour that has no direct psychological properties. It is, however, quite suppressive. A virtual absence of colour is depressing and when the world turns grey we are instinctively conditioned to draw in and prepare for hibernation. Unless the precise tone is right, grey has a dampening effect on other colours used with it. Heavy use of grey usually indicates a lack of confidence and fear of exposure.



BLACK.

Positive: Sophistication, glamour, security, emotional safety, efficiency, substance.

Negative: Oppression, coldness, menace, heaviness.

Black is all colours, totally absorbed. The psychological implications of that are considerable. It creates protective barriers, as it absorbs all the energy coming towards you, and it enshrouds the personality. Black is essentially an absence of light, since no wavelengths are reflected and it can, therefore be menacing; many people are afraid of the dark. Positively, it communicates absolute clarity, with no fine nuances. It communicates sophistication and uncompromising excellence and it works particularly well with white. Black creates a perception of weight and seriousness.

It is a myth that black clothes are slimming:



WORKSHOPS

Meditation Teachers Certificate - Qualify as a meditation teacher

Turn your love of meditation into a business and share the magic of meditation with those around you, this course is accredited by the AHHCA. Learn to write a meditation, plan & run groups, importance of breath and how meditation helps in our life.

For an information sheet please email: diane@angelicpresence.com.au

Investment: Live outside Melbourne area?

Contact me to discuss new correspondence course.

Dates: May 3, 17 - June 7, 21 28/ 2015

2nd intake starts August 2015

Delivery: 8 sessions day sessions

10am – 4 pm (Sunday) in person

Mitcham, Victoria)

Art & Meditation as Medicine

Facilitated by Diane Collett

Weekly 2 hour group that will enable you to leave the stress of everyday life outside of the room, while you release & learn tools to use in your life for combating every day occurrences.

Using Art and Meditation to connect to your inner self and find the peace that lays within. Release negativity, tension & emotions through art, moving into relaxing through breathing exercises & guided meditation finishing with fine tuning our intuitive skills through exploring art, cards, crystals and much more. Allowing you to explore and play in a safe, nurturing and friendly environment.

Term 2: April 27, May 4, 11, 18, 25, June 1, 9, 22

Investment: \$35.00 casual per class

Or buy a 5 sessions or term pass to save

Based in Ringwood 7pm to 9pm

All other details given when booking is taken.



COMMITTEE 2014-15

PRESIDENT: Jim Fraser

VICE PRESIDENT: Diane Collett,

SECRETARY: Leonie Blackwell

TREASURER: Belinda Harber

ADMINISTRATOR: Karen Howard

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AFFILIATED MEMBERS

Australian Doctor Healer Network

www.doctorhealernetworkaustralia.com

Free Listing Please contact: tim@doctorhealernetworkaustralia.com

Healing Centre • Educational Retreat

www.whiteeaglelodge.org.au - (07) 5494 4397

Mental Health Academy

www.mentalhealthacademy.com.au

Pathways Wellness Centre

www.pathwayswellnesscentre.com - (07) 5326 3336



The committee would like your support

We would like to get our organisation noticed by a lot more people, you can help us by displaying our logo on your website.

Please contact the office for a copy of our logo

April Birthdays

Happy birthday to the following members

Margaret Boylan, Carol Kemp, April Vigurs, Anna Polacska, Diane Enguell, Patricia Gautam, Elizabeth Cowen

NETWORKING

The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

WEBSITE LINKS

Hearts in healthcare

www.heartsinhealthcare.com

Australian Industry Training Association

www.aitd.com.au

Australian Hypnotherapy Association

www.ahahypnotherapy.org.au

Walter Last

www.heal-yourself.com.au

Strauss heart drops

www.straussheartdrops.com

National federation of healers

jenny@nfh.org.au

Magnetic Healers Unlimited

www.magnetichealers.org.nz

kathyaauric@actrix.co.nz

Cancer support organisation

www.ucansurvive.org

White Eagle Healing Centre

www.whiteeaglelodge.org.au

Australia Counselling association

<http://www.theaca.net.au/>

Caledonian Colour

PRINT | SIGNS | DESIGN

www.caledoniancolour.com

CONFERENCES

AIMA 21st International Integrative Medicine Conference

17th - 19th July, 2015

Docklands, Melbourne, Australia

Mindd International Forum 2015

Nutritional and Integrative Treatments for Children & Adults

15-17 May, Australian Turf Club Randwick, Sydney

Australian Reiki Connection Presents

THE FUTURE FOR REIKI - Pathway to wellness

Sat 17th & Sun 18th October 2015 -SYDNEY NSW

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Final thought for the month "Earth provides enough to satisfy every man's needs, but not every man's greed."
~ Mahatma Gandhi

Tim Fraser - President and Editor

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