

This File Contains 31 Meditations -- One Per Page

## COLOUR MEDITATIONS

The Colour Meditations were produced by S G J Ouseley, apparently during the early 1920's. The Book *Colour Meditations* is out of print now, but currently still available on Amazon for under \$10.

The fifteen-minute meditation is **once a day for thirty-one days**. It is performed by simply reading quietly through the text, doing all of the visualizations required, over and over, calmly, serenely, until the fifteen minutes have elapsed. Try to not miss a day.

Beginners often report notable results with these meditations, and in my experience they frequently bring help from higher levels.

## Meditation 1.

Visualize a dark plantation of firs. In the background the setting sun, in a clear sky of soft finish, is sending gleaming rays over the white sheet of snow. The diffusion of Solar Colour melts radiantly upwards in Orange, Amber-Yellow and Green and finally tranquil Blue in the upper skies. Above the horizon a few small Golden clouds hang like a wreath -- a crown of Cosmic Glory.

Realisation. At all times the Divine Radiance is sending forth the White Light of Spirit upon every being in the earth plane, in waves of Colour according to our individual needs. The Light shines through the darkness of matter dispersing the clouds of doubt, fear, and disharmony.

The Ray of Universal Love transmutes our weakness, Ignorance, Misery and engenders Vitality, Radiance, Wisdom and Peace. By absorbing the Effulgent Cosmic Rays we slowly transform our auras into centres of glory.

amber = dark gold/yellow

effulgent = full of intense light, radiant

## Meditation 2.

Picture mentally the refreshing Greenness of a meadow of young grass after a shower of rain. It gleams like a new carpet of Emerald velvet -- bright, soft, tender. Above, the blue morning sky is fringed with flushed clouds -- a cosmic harmony of ethereal Turquoise and Rosy-gold, blessing and glorifying the day.

Realisation. The trials, troubles and disappointments of life cannot separate the soul from the inexhaustible source of Goodness, Joy, Contentment and Harmony which are perpetually flowing upon it. The higher emanation must triumph over the lower.

When we are fully conscious of the Rays of Truth, Harmony, Beauty and Unity existing eternally in the Universe, our individual lives are changed -- we are blessed and regenerated.

turquoise = dark blue with a dark green cast

### Meditation 3.

Visualize the evening sunshine falling over a quiet calm sea -- the sun meets it so softly that no line of division is perceptible. From the darkening shore below comes the continuous plashing of the little waves breaking on the dim sand. Over the pale sea -- in a sky where Purple turns to Rose and Rose to the molten steel and Sapphire colours of the coming night -- the slim young Silver moon hangs in radiant clearness.

Swinging from her crescent, as by an invisible thread, is a scintillating jewel -- a tiny, brilliant Star.

Realisation. The Golden Radiance of the higher spheres shines upon our souls at all times and floods our being with Life, Warmth, Power and Love without ceasing -- yet, we are oftentimes forgetful and unaware of it.

Without the Cosmic Radiation, our own minds and thoughts are like little waves splashing helplessly in the darkness. When we are conscious of the Power, Love and Guidance which the Rays emanate we have no fear of the future -- our way is a path of light.

Our life is illuminated by an Eternal Star that guides us perpetually.

Sapphire = Blue

#### Meditation 4.

Visualise a Red Camellia tree in full bloom, radiant with its deep Green glossy leaves, shining buds and vivid blossoms. Beneath it, a moss-walk leads through ilex and orange groves on sunlit terraces to a City of Gorgeous Colour surmounted by domes of tender Violet and Amethyst and fringed with pale Heliotrope and Citron.

The soft wind scatters the lovely Camellia blooms giving the ground a Crimson carpet or a drift like snow.

Realisation. The soul that is developing the inner consciousness of Colour stands alone, unfolding each Ray in silence and meditation. The student of Cosmic Colour knows that within himself is the gateway to the inner world of perpetual radiance. He trustingly treads the sunlit path of Golden Illumination and enters consciously the Temple of Absolute Light, leaving behind the outer veils of physical matter. When we stand naked before the inflowing Cosmic Radiance, every centre of our being is filled with new Life, Vitality, Courage, Peace, and Harmony.

We are transformed -- like the earth with the colours of Spring.

amethyst = dark bluish purple

ilex = holly

citron = lemon yellow

heliotrope = moderate purple

## Meditation 5.

Picture mentally the forms of great rocks jutting out into the sapphire-like sea, their bases washed by creamy foam and snowy spray. Far below lies a dark tunnel with deep Green water dashing through the opening. In its midst a narrow arch shows a brilliant glimpse of Light and distant sea.

Over the piled rocks cluster Orange lichens and above high water mark Purple thrift grows in every cranny.

Realisation. Our path in life is often strewn with difficulties, trials and burdens that seem gigantic and rock-like. We often seem in a dark tunnel, weighed down with grief and shut off from all Beauty, Joy, Freedom. Even Nature seems to lose her wonted glory.

When we give way to fears, doubts, thoughts of despair and depression we are losing ourselves deeper in the tunnel. By having faith and a positive attitude of mind, the most evil circumstances will be circumvented. In their very midst we behold the Archway of Light through which pours the splendour of the Seven Rays.

We receive Love, Strength, Power, Joy and Peace from the Eternal Source. When we become Colour-conscious, the Light is always shining in the darkness. Like the thrift we dwell above the troubled seas of life.

## Meditation 6.

It is late afternoon in a great Gothic Cathedral. Gleams of mellow light are pouring richly across the dusky dimness and drifting in long rays past the noble pillars of warm stone through the ancient glass windows filled with jewel colours of Emerald and Ruby, Sapphire and Amethyst.

The organ notes carry the thoughts through the dark aisles into a far world of rest and peace.

Realisation. Within our being is the jewelled Sanctuary of the spirit -- the Cathedral of the Soul. It is our safe retreat in all times of stress, strain and anxiety. Peaceful is the atmosphere and beautiful is the Radiance of the Inner Sanctuary. The glory of the Seven Rays is enshrined here -- the shining splendour of the White Light forever gleams within.

From the interior Altar of Colour we absorb the tranquil rays of Peace and Harmony, Joy and Life and we behold the luminous beauty of Truth, Goodness, Inspiration, Calmness and perfect Serenity. The Kingdom of Heavenly Colour is within you.

amethyst = dark bluish purple

## Meditation 7.

Picture a pergola against an azure afternoon sky -- a regal glory of Purple and Crimson. It is aflame with rambling roses and stars of Clematis in a jewelled setting of polished leaves. The burnished sun, sinking slowly on the golden horizon, throws an almost astral splendour on these divinely-wedded colours and bathes them in beauty of clearest light. And the world of hill and valley behind, Misty Blue and Amethystine, is shot across with long rays of Gold. It is nature's Altar of Colour.

Realisation. The Colour-conscious soul realises the perpetual splendour of creation. We are living in a Cosmic fairyland. When once understood the Divinity of which the Earth's light and Aura is an outward expression, we become in harmony with the Spirit of Life -- the world is no longer a grey or barren place but a sparkling pageant of divinely-wedded Colour.

The trials and disappointments, the cares and vexations of life are all part of the same Golden pathway -- though dark clouds reign for a time, the hills beyond are still Blue and Amethystine.

All fear, strain and doubt is an illusion, as grey and black are the negative aspects of Light and Colour.



## Meditation 8.

Visualise a tall, pale-lilac pyramid-orchid, standing lonely and beautiful in the heart of a wood. Focused upon it is a great slanting ray of sunshine.

It points straight upwards to the effulgent Light that is pouring down. Round its base are grouped clusters of little red wild strawberries, looking gay with their threefold leaves and clear White blossoms, like little children wonderstruck by the soaring height and beauty of a fairer influence. The huge solemn oaks look down like cosmic gods on this mimic world and above is the "height beyond all height."

Realisation. The Soul that is developing the inner consciousness stands up like a spiral of light. The immediate result of developing Colour-awareness is that we discover our true identity. There blossoms within us a sense of increasing wisdom and illumination. We begin to realise that our Inner Self -- our true being -- is a focusing point of the great Cosmic Rays. We are linked by the forces of Light and Colour with the unchanging and the Eternal. We are reminded of the Presence of God in every Ray of Light and by every Vibration of Colour in Nature. From the Cosmic Soul radiates Infinite Power, Wisdom, Love and Intelligence.

## Meditation 9.

Picture mentally a glorious sky of unbroken Blue. It is so clear that the eye seems to travel on into its depths to distance unending. The earth below is bathed in Sunlight -- a world of Azure and Gold. In the foreground, the Ruby and Garnet leaves of a Virginia Creeper rise like flames in the clear atmosphere, throwing up long tendrils towards the Blue like an aspiring soul.

Realisation. Soul-growth and spiritual progress takes place when we transmute our Soul-colours by the Blue Ray -- the calming and spiritualising radiation of the Cosmic Soul. Even on the physical plane we are reminded of the Rays of Truth and Beauty by the colourings of the sky and the garments of the earth.

The secret of joyful earth-life is to link consciously if possible with the Cosmic forces and powers. When we develop these powers in ourselves we can climb high and rise like flames with the celestial Aura. By right thinking and by valuing every aspect of life in its proper sense, we are able to extend our mind into the Superconscious Realm -- the Eternal Fountain of Light. To achieve the higher consciousness it is necessary to rise above all resentment, envy and self-pity, above all complacency and selfishness, and above all hardness of heart.

garnet = dark red

## Meditation 10.

See in your mind a beautiful assortment of roses in a quiet garden. They grow lightly and daintily at the end of long stalks -- some Cream and Yellow, shading to Orange and Apricot, some pale warm flesh-pink shading to deepest Crimson and Scarlet, with long buds like pointed flames. Their fair, bright heads glimmer like illuminated chalices against the rich vibrant Green of the Yew hedge. Their scent is full of the radiant memories of Golden Summer.

Realisation. Life is a harmonious progression like the evolving of a rose-bud into the glory of a rose. The cosmic forces are here at work transmuting and perfecting form and colour. The same forces work through and in our being. A life of ugliness, ill-health and disharmony is not the real life, but an empty parody of it. Karmic debts must be paid, but we must not allow our souls to become static and colourless we must develop our consciousness like a plant from seed to flower. The Colour Way is Beauty, Harmony and Peace. When we make contact with Cosmic Colour then the lower (dark) mind becomes healed of its blindness, discord and imperfections. We become like illuminated chalices filled with spiritual essences.

crimson = deep, purplish red  
scarlet = bright red

## Meditation 11.

Picture mentally a border of deep Blue larkspurs -- great spires of richest Ultramarine and Sapphire -- gleaming in the radiance of an apricot sunset. The surrounding lawns are Golden Green in the beautiful clear light. Some Canterbury Bells, with transparent cups of pale pink, pure White and Violet-Purple, hold the vital sunshine until it seems to be burning and throbbing in their inmost hearts.

Over all hangs a peaceful atmosphere of stillness and calmness.

Realisation. Behind all the turmoil and unrest of material life, the Cosmic Soul dwells in radiant repose. You are part of the Cosmic Colour System. Nothing can disturb the serenity nor wreck the peace of the Colour-conscious mind. When you realise your affinity with the Universal Soul of Nature, you attract to yourself the Rays of Peace, Joy and Harmony, Health and Vitality, and you begin to know the meaning of radiant repose.

The vast display and majestic splendour of Colour in the kingdom of Nature is a faint reflection of the Eternal Radiance that is behind the sun, the stars and the flowers. By earnestly studying Cosmic Colour Science we daily advance towards this Perfection. Life becomes an illuminated pathway. We should constantly endeavour to live in the consciousness that we are creatures of Light, spiritual beings, Rays of Divinity, abiding continually in the Eternal Radiance.

ultramarine = vivid blue

## Meditation 12.

Visualise clearly a quiet, mellow afternoon sky. Soft filmy clouds woven of purest dream-colours -- faintest Rose and pure Gold -- draw slowly, calmly to the West, across a background of pale and distant Blue, melting in clearest Green. No wind nor any sound, except the occasional hush and rustle of bird flights high up in the still air.

The last sunbeams slant along the smooth Green sward as the day sinks into the depths of Cosmic peace.

Realisation. Love and peace is ever to be found in the Soul of Nature. When we contact the Cosmic Soul we enter into the interior harmony of the Universe. We find the beauty and tranquillity of the Stars and the radiance of celestial colours within our own higher mind. Our soul extends and grows in health and wisdom, beauty and peace, in line with our spiritual unfoldment and proceeds with rhythmic harmony, like the pattern of Radiant Colour that crosses the heavens and is absorbed by the Cosmic Soul.

As we become at one with the Soul of the Universe so do harmony, order and peace manifest in our life -- our thoughts become tinged in faintest Rose and purest Gold.

### Meditation 13.

Picture in your mind a high, secluded hill, crowned with the restful green of clustering trees. It is peaceful and serene. Behind and above, wild clouds of grey and dark purple with silver rifts between them, hurry past on the swing of the wind -- beautiful but stormy, ever changing like the changing things of the earth. Upright, changeless and steadfast stands the secluded hill -- a Green symbol of the faithfulness which is the strength of love.

Realisation. The soul, attuned to the Cosmic Stillness, remains steadfast amidst the storms of life, surrounded by the eternally-peaceful Green Ray.

The power of the soothing Green Ray increases as we hold our mind on the Colour. Concentrate your thoughts upon the Green Hill and just relax. To attain the Cosmic Consciousness and realise perfect peace and ease of body and mind, we have first to become still; not still in the merely negative and passive sense, but still in the cosmic or spiritual sense. Not by denying any feeling of life and emotion but being inwardly still in the etheric, astral and mental bodies and relaxed by concentration on the Green Cosmic Vibration. This stillness is the radiant repose of the Infinite and Eternal and is in fact the highest possible state of mental and spiritual activity.

## Meditation 14.

Visualise a peaceful sky of pale Lilac and Rose, hanging serene over the departing day. The surrounding woods are very quiet and self-absorbed as they await the silent descent of night.

The earth grows dusk, but the cosmic-flush of the heavens lingers, blessing the earth with a loving radiance of Pink and Opal -- its token of remaining glory -- like the burning thought of some divine joy that has gone.

Realisation. At numerous periods in our life, there comes the feeling of being forsaken, abandoned, lonely and forgotten. The warm Rose-radiance of Love seems to be withdrawn. Our souls seem left wide open to the coldness of indifference and neglect. Yet when we descend into the very depths of night and enter the darkness alone, we find God is there. When you feel forsaken concentrate on the Green Ray and the Cosmic Soul, with its warm cheering Radiance, will draw near to you. When we feel pressed down by difficulties and experiences too great for us, then we discover even when all seems hopeless, humanly speaking, that there is a Ray of Light shining perpetually upon us.

Over our heads there is always a sky of Lilac and Rose -- if our earth-senses could but see.

lilac = moderate purple

opal = milky iridescent glowing, cream-cast, neither reflecting nor emitting light

## Meditation 15.

Picture mentally some clustering bunches of Acacia bloom, swinging milk-white and sweet amid the pale Green leaves, high up against the Azure sky. Flower upon flower, like chains of beauty, as if it were from heaven to earth. Their ivory blossom and faint Green leaves frame tiny spaces of faintest light -- Pearl and Amethyst -- from a sky of drifting clouds and silver gleams.

Realisation. Love and beauty is the keynote of the Universe. The value of Colours is that they possess a power or vibration of their own that differs according to the quality and radiation. Thus positive or magnetic colours have the effect of awakening in our souls feelings and powers akin to themselves.

When feeling depressed or discouraged, anxious or depleted, you should visualise Red (Courage and strength), Green (hope and faith), Scarlet (Victory), Emerald (Joy), Bright Blue (Happiness), Yellow (Guidance and Wisdom), Amethyst (Spiritual Awareness). You will find that your inner soul -- the real source of your thoughts and health -- responds to the power and vibration of the Rays. Without the uplifting and inspiring influence of Colour our minds would be perpetually in a state of darkness and turmoil.

scarlet = bright red

amethyst = dark bluish purple



## Meditation 16.

Visualize a standard rose-tree covered with large pink blooms. The pure Colour and exquisite shapes stand light and radiant, against the dark rich background of the great old trees. Nearby are two tall White lilies swaying in the breeze and shaking the fragrance from their bells. They look like White spirits conversing with one another, pale, slim and graceful.

Such perfection makes the whole world seem beautiful.

Realisation. Colour Realisation is an expansion of consciousness -- a lifting of the veil of dull matter -- and a recognition of the spiritual reality and divine principle throughout the Universe. The result of Colour Consciousness is that we discover our true identity. We develop a sense of increasing power and a widening perception; we perceive the Light that permeates every substance, for the ultimate essence of matter is indestructible Light. By cultivating Colour Awareness in our lives and by contemplation of the beauty of Nature, we become transformed into the Divine Image and thus are able to see God, the Source of Light, everywhere. When the mind is filled with radiant thoughts and the aura aglow with Cosmic Colour then the Soul becomes impervious to dark and negative vibrations.

Radiant health and personal efficiency is the result.

## Meditation 17.

Picture mentally an effulgence of Mauve and Turquoise -- a deep, clear illimitable Azure sky. The earth below is warm and soft, decked with masses of Purple-flamed Lilac. Peach-coloured rhododendrons lift up great bunches of blossom, pale Wistaria hangs its sweet-scented clusters against a rose-coloured brick wall. All seem to mingle in Cosmic rapture with the Blue above until they become one living joy and harmony, peace and stillness.

Realisation. If we would know and enjoy inner peace and harmony and also live our life polarised to our particular Ray, we must learn the secret of inner stillness. Our auric colours must harmonise. To feel and experience the Cosmic Soul -- life, we have to be still, to be quiet within, to withdraw from the maddening crowd. All Cosmic or esoteric teaching is of this nature; it is only the external, the elementary, the material, that is noisy and restless.

The more outer noise and turmoil there is in our lives, the further we are removed from our centre of Light.

The way of the Spirit is not noise, excitement, and discord but quiet, calm irradiation.

Peace, Joy, Happiness, Health, Harmony and Beauty flow from the Cosmic Soul.

mauve (rhymes with rove) = moderate purple or lilac

turquoise = lightly greenish-hued blue

wisteria = pinnately compound, drooping pale purple leaves

## Meditation 18.

Visualise a hedge-bank in a leafy lane, full of bright summer colours. The grasses are tall, tremulous and vivid Green. The Speedwell has opened its Blue eyes and shines among the fallen petals of the overhanging wild-Cherry. Buttercups hold up their Golden discs and the hedge is crowned with its first White garland of hawthorn -- delicate pink centred flowers and pearly buds.

There emanates a healing aura of harmony, love and sweet peace.

Realisation. It is necessary to spend a certain time every day in creating an inward awareness of union with the Cosmic Soul and in realising our oneness with the Eternal White Light as expressed through the varied Colour Rays of Love, Life, Joy, Peace and Wisdom.

This practice results in unity of life, in health, success and progress on all the planes. Meditation is the alchemy that transmutes the greyest thoughts into bright cosmic vibrations. The contemplation within the mind of Colour Rays first results in a new condition of thought and consciousness and afterwards manifests in outward affairs.

The peace of the Cosmic Soul is an interior order and harmony to which all true Colour-conscious minds have access at all times.

## Meditation 19.

Picture mentally a stormy sea with the snowy spray dashing against the rocks as the incoming waves hurl themselves shorewards. Then, for one beautiful moment, a glorious rainbow spreads across the sky as the sunlight darts down from behind the dark, frowning clouds. A Green beam of light flashes in the water and discloses a radiant islet with White waves climbing up the steep sides of Amethyst-shadowed rock.

The clean, stormy wind blows wildly, and the fresh, delicious air is full of life and vitality.

Realisation. Like the immovable rock we are held in the One Universal Power -- nothing can assail or disturb us. For there is only one Universal Spirit of Life -- the Cosmic Soul which infuses our Auras with rainbow-hued Colour and spreads over our inner horizon like a stream of radiant harmony. The life of the Illumined Mind is a life of mastery and positive force. Negative vibrations have no power. We are surrounded by Infinite Cosmic Rays, by a plenitude of power and life, the emanations from the Universal Soul. From the Divine Centre, Source and Spirit of Infinite Light, Love, Wisdom, Power and Harmony, comes a reaction according to our need. Not only within our being but around us on all sides is the vast, inexhaustible Cosmic Soul -- the only Power.

amethyst = dark bluish purple

## Meditation 20.

See in your mind a radiant sunset of flame-colours and Purple -- the whole Western sky shot with every shade of Crimson and Gold and Amethyst.

Picture the sun sinking slowly down behind the rim of the world. The vast radiation stretches far out embracing everything and reaching toward the East where the sky is full of heavenly Turquoise. Every little cloud is flushed with purest Rose -- the Cosmic Emblem of Divine Love.

Realisation. The Cosmic Colour student regularly visualises himself as surrounded with a Colour-aura or atmosphere entirely to his own liking. As often as possible, he wears his Ray Colour in some physical form of manifestation, and above all he is accustomed to seeing himself psychically enveloped in it; by so doing he gains confidence in his ability to attract to himself whatever he desires and to surround himself in the aura of his choice.

Every colour (and sound) has a special signification and whether you can produce the tone or colour in your outward sphere or not, insist upon having it with you subjectively -- by this means you make the cosmic atmosphere subservient to your needs and you are in a condition to extract from it whatever you please.

crimson = deep, purplish red  
turquoise = dark blue with a dark green cast  
amethyst = very dark, bluish purple

## Meditation 21.

Imagine you are at the extreme North of Europe where during the summer months there is no general darkness between the evening and the morning. Nevertheless at about ten in the evening the whole host of Colours, which belong to the setting sun, are displayed. From this hour onwards an unexpected and extraordinary change begins. There is an intensification of brilliant Orange and Yellow as well as of darkest Green and Blue. A stupendous drama takes place which approaches its height close to midnight. At this hour the sun and sky are nothing but shining Gold, forcing a pathway over the sea. Rocks and mountains rise black out of the dark water and even the clouds are like sombre curtains ready to be drawn across the glorious Cosmic Splendour of the Midnight Sun.

Realisation. Light and darkness exist in the Soul of every human being. But the soul that is polarised to Spirit knows no darkness and is never shut off from the Eternal Splendour of the Celestial Sun. Light is Spirit. But no human eye has beheld the Light itself. On the physical plane we can only study Light in connection with matter. It shines on objects and illumines them so that we can perceive them. And Light, in contacting matter, turns into Colour. As a direct manifestation of Nature, Light remains hidden from Man. We can only calculate its speed, propagation and its general effects. The real nature is unknown to material science. Cosmic light for instance, has a much greater velocity than 186,000 miles per second.

Its real velocity is instant presence.

## Meditation 22.

Picture a sheltered bay, bounded on each side by low peaceful cliffs. The calm Green sea rolls tranquilly in towards flat weed-covered rocks and soft yellow sands. The waves break with a gentle monotonous song upon the shore. On the rich brown seaweed the curling waves splash in whitest foam. The grey-blue afternoon sky seems to hang low over the sea -- the winds are asleep and all storms far from this inlet of peace.

Realisation. When the barque of our life sails lightly upon smooth summer seas, driven by the fair winds of health and prosperity; when friends are plentiful and eager to help us; when social favors and influence come to us to gratify our desires -- then, indeed, the thought, "This world is good enough for me," seems true. But when we reach the end of the smiling sea of success; when the winds of adversity have blown us upon hard rocky shores and the waves of suffering threaten to engulf us; when friends fail -- then we must look for guidance to the cosmic realms. When the mariner scans the sky in search of a guiding star, he finds the whole heavens in motion. To follow almost any one of the myriad of wandering stars would be to court disaster. The guiding star must be steadfast and immovable -- there is only one such, namely, the North Star. By its guiding light the ship is brought to safety. By tuning-in to the right wave-length of our fixed Ray of Destiny we sail through tumultuous seas to the islet of peace.

### Meditation 23.

Visualise a young cherry-tree in glorious dress of Carmine and Vermilion; every long drooping narrow leaf glows with colour. It reigns over the orchard like a king in royal robes, for all the other trees, planted in rows that carry the eye down long fascinating vistas, are as yet Green or only slightly touched with Russet Red.

No wind stirs, the earth rests in perfect calm, and the Red leaves burn undimmed by the slight mist that rolls over the hills.

Realisation. The Cosmic Soul -- the mind of the Infinite -- supplies what is necessary at the time; we have to trust the Source of all Life for the future. Neither must we cling to that which is given us. "Freely have ye received, freely give," is the Cosmic Law.

The Colour-conscious soul is "like a tree planted by the waters, that spreadeth out her roots by the river and shall not see when death cometh, but her leaf shall be Green."

We are rooted and centred in the One Light and Life from which everything springs.

carmine = rich crimson or scarlet

vermilion = reddish orange

russet = a strong brown with a slightly reddish tinge



## Meditation 24.

Picture mentally a great beech-tree changing slowly to autumnal colouring. The leaves are burnished and shining with every shade of copper, Red-Brown and Gold. The straight, strong stem still retains its smooth gleam of mother-of-pearl and silver. The whole tree glistens like a gorgeous piece of jewelled nature-workmanship and the deep Blue sky, visible in spaces of divine colour between the leaves, is clear and bright and majestic.

Realisation. What is termed "realisation" is an expansion of consciousness in which we pass from effect (as experienced by meditation and reflection) to Cause, finding ourselves one with the Cosmic Essence or Divine Principle. This is what is meant by knowing the Truth. One of the main objects of the Cosmic Colour Fellowship is that men should know the Truth behind the familiar phenomena of Light and Colour. By practising Colour Meditation and developing Colour-awareness we contact the Light within us, and then greater Light and Understanding come to us. This is why sometimes beginners and preliminary students get wonderful results -- they use the interior Light of Truth they possess.

burnished = made shiny or lustrous, esp. by polishing

## Meditation 25.

Visualise a great, wide expanse of land and sky -- from the vantage point of a high hill. Far below, the plain with its pale Green fields, rounded Blue-shadowed trees, and Purple woods stretches to the distant horizon where all is dim and soft. The sky is full and vibrant with pure light, Golden in the beams of summer afternoon. Little clouds gather in the West to meet the sinking sun, and the sweet wind blows over everything, thrilling the earth and heaven with its living breath.

Realisation. Time and space are merely limitations of human consciousness. It has been said that there is no place but the presence of God. This implies that as regards "place" we are in the real spiritual Universe or Infinite Life now, but we may be either in Heaven or Hell according to our state of consciousness and aspect of life. If we incline to darkness or blackness in mind, thoughts and feelings then we are in Hell most certainly; if however we love the things of the Kingdom of Light and delight in pure Colour then we are most certainly in Heaven.

When we enter into the Cosmic Truth, every day the world is made new and life becomes more radiant and beautiful.

It is progressive like the colours in spring. Daily our life becomes more beautiful and harmonious.

Beauty -- Joy -- Harmony do not come from without but are qualities that radiate from within.

## Meditation 26.

Picture mentally the earth lying veiled in the mystic sleep of night. A light diaphanous vapour wraps the wet grass and the silent trees, which seem like intangible brooding shadows. The Silver floating mist, like the aura of a spirit, is all woven through with White Moor Light, and high above the earth in her astral dream, hangs the Indigo sky, jewelled thickly with scintillating stars. No sound disturbs the breathless quietude but the rhythmic falling of dew from unseen leaves. The Cosmic beauty is almost too ethereal for mortal mind, but its balm sheds on the soul a radiant blessing beyond all words.

Realisation. At night the living creature feels itself drawn into the Earth and it sinks down upon it and the force of gravity embraces it mysteriously, the senses close themselves, but the Light that belongs to them remains in the consciousness like a hidden Sun. From within, this -- our own Sun -- shines into the night of the veiled senses, whilst from below the Earth -- the Sun of the Midnight -- exerts its celestial power upon us through the Earth's body. Just as the human organism during sleep re-establishes and builds up during the night its harmony of forces, so also the Earth-organism re-establishes at night the equilibrium of its cosmic forces upset during the day by the action of the Solar radiation.

indigo = dark, dark blue

## Meditation 27.

Picture a majestic sky of striped Azure and White -- light ribbons of cloud stretched across the pale Blue, delicately faint and far. Golden shafts from the setting sun glance through the darkening trees, the departing light casting a crown of glory on their tops and a glowing aura round all the outer leaves which change to Red-gold at its magic touch.

The sky is radiantly bright, and the distant woods, dusky against it, are full of suggestion and mystery, while these last rays of beauty linger like a divine memory of the day that is done.

Realisation. "God is Light" -- the Light which became Life in man. It was dim and achromatically diffused in the early Atlantean Epoch, as Colourless as the atmosphere of a fog, but as man evolved so Light became refracted in multitudinous hues and was differently absorbed by each individual. Thus diversity manifested and mankind went through the mystic rainbow with its variegated and beautiful colours. The bow of the heavens may therefore be considered as a gateway to the "promised land" -- the world as now constituted. The present brilliant display of Colour is a sign that the basis of the present age is segregation.

So many people live on the material plane cut off from the White Light of Spirit.

## Meditation 28

Visualise a fresh, seaweed-scented shore. The tide is far out and between land and sea stretches a great flat space of beautiful mingled colours -- warm rocks, honey-tinted sand scattered with White and Purple shells and rich Golden-brown seaweed which encircle crystal-clear pools full of light and sky reflections.

Far off the waves are chanting, and the wild vibrant calls of many sea-birds fall like music through the windless air. A sky of dove-grey and opal broods over the bay -- there is a feeling of Cosmic peace, which is at the same time infinite longing, radiating like a blessing over all.

Realisation. Many are the ways through which men pass from the lower to the higher. The Cosmic Soul may be found in many different ways and by diverse systems. For the Colour-Awakened Soul the most effective way is by cultivating the inner sense of Colour-consciousness. The practice of seeing the beautiful in everything leads to harmony and peace. As we meditate on the Seven Rays our souls float quietly out into the Cosmic. Then resting in the bliss and peace in which the Spirit of Light abides we breathe deeply of the Divine Breath.

opal = milky iridescent glowing, cream-cast, neither reflecting nor emitting light

## Meditation 29.

Picture a sea of Bluebells seeming to flow over the woods -- the waves of Sapphire light and Amethyst shade fill all the scene with beauty.

Above, the sky answers the lovely colour and the warmth, sweetness and fragrance bring a thrill that is almost unbearable in its poignant joy. Through the hanging wreaths of leaves which sway and quiver in the breeze, the clear unbroken Blue sky is caught and held like the radiant gleams of pure Colour in a cathedral window. The whole vision is a cosmic prayer -- an offering of loving worship.

Realisation. Colour is one of the avenues that lead to Cosmic consciousness. The only thing that is real and eternal is Spiritual and this Spiritual Reality is Perfection in all its wonderful, beautiful and radiant forms. There is only one Reality and this is God and His Perfect Expression -- the Cosmic Soul. This perfect Spiritual Universe is not "a city afar off" for the Kingdom of Heavenly Colour is in our midst. When our minds, thoughts are all in harmony with the great cosmic rays and if this condition of mind is extended to all our actions and our dealings with our fellow-men, then we are truly becoming Cosmic-minded.

amethyst = very dark bluish purple

### Meditation 30.

See in your mind a glorious October carpet of newly fallen foliage. The brown earth is spread with a deep rich covering of warm russet and copper, crimson and red -- thickly scattered leaves of all delightful shapes; thrown down, here and there, in wonderful patterns on the subtle colours, are great fans of horse-chestnut Gold and Green.

Over the horizon is an exquisitely lovely sky melting into Amethyst-pink, like the tender bloom on a dove's breast, and changing in the higher regions, from Purple to radiant Azure.

Realisation. Through looking for the Colour and Beauty in life we are not only enabled to find it, but also, through realising the true nature of life we are led to co-operate with it instead of opposing it. The Cosmic way is harmonious, peaceful and beautiful. The Soul of the Cosmos emanates Love, Beauty, Harmony, Peace and Sympathy -- and when we respond all is well.

On attaining Colour-consciousness we begin to see the Soul of Nature and to express the best, the richest and the highest in our lives. Remember that the vast powers and intelligence of the subconscious mind operate in conformity with the spiritual rays that illuminate the inner consciousness.

russet = a strong brown  
crimson = deep, purplish red  
amethyst = very dark bluish purple  
azure = very deep clear dark blue

## Meditation 31.

Picture a group of crocuses in early Spring. They are still folded buds but will soon open into bright cups to hold the sunshine. Best beloved of all the first spring flowers. Notice how their fairy-like Colours come so purely out of the brown earth.

Golden-yellow with tiny black stripes at the base of the petals, Amethyst and deep Purple restful to the soul, and delicate White, streaked with Violet, opening to show the red-gold stamens. They herald the blaze of Colour that the Spring is heir to. And when the days are cold and sunless, when the skies are grey and songs grow silent, the crocuses are there to tell of Beauty and Radiance.

Realisation. If, as a student of Colour, you have diligently performed the preceding thirty meditations, you have caused to stir deep down in your soul, a motion or vibration that is linked with the pulsating, vital Soul of the Universe. Just as the spring sunshine stimulates the seed in the dark earth and animates it into vigorous life, so also the Cosmic Soul will pour through your Aura the glorious Radiance of Divine Life, Health, Richness, Love and Harmony.

The Cosmic Rays flowing into your Soul are creative, illimitable, substantial and vital forces with tremendous powers and potentialities. They will enable you to draw to yourself the things that you desire -- like the plants' growth; from the depths of their being they will supply you with perfect Health, Wisdom, Harmony. The Cosmic Rays are the primal creative and formative forces that caused the first manifestation of Light, Life and Being over the Solar and planetary substance itself, and which continue to radiate upon every living thing from their boundless, immeasurable and inexhaustible source. Each of the Seven principal rays is the embodiment of Divine Power, Purpose and Fulfilment.