

'There is nothing in the world of nature that does not portray something in the world of spirit.'
Swedenborg

All spiritual seekers welcome



"The whole day was a wonderful experience. The sharing with other like-minded individuals was a real highlight."

Do come and bring a friend

Workshop Facilitators

Rita Russell is an experienced facilitator. Having worked in education in the past, specialising in music, she now works primarily in the area of spirituality. She particularly enjoys facilitating workshops, spiritual growth groups and leading Sacred Circle dancing. Rita is a mother and proud grandmother and brings her love of people and life experience into her work. She uses her skills as a teacher to encourage others to experience the love and power of the Divine.

Venue location



Beyond the Rainbow

What can colours tell us about the balance in our lives?

How does the symbolism of the rainbow help us to develop our spiritual awareness?



Outwardly the bridge between dark and light ... inwardly, the rainbow is what the soul itself is, the bridge between body and spirit.
Owen Barfield

Saturday 20th March
10.30am – 4pm
Drinks available from 10am

Venue: Tuckton New Church, Carbery Avenue/Tuckton Road, BH6 6HT

A RAINBOW is something unexpected and we have a childlike delight in discovering it and seeing its beauty. It makes us stop and look and wonder. The rainbow is seen in the sky but it reaches down to earth – heaven and earth together – connected in that moment. Perhaps in the rainbow we can begin to see an aspect of what it is to be human – to be a bridge between what is spiritual and what is concerned with living in the physical world.

The rainbow shows up most against a dark cloud – is it when we are immersed in spiritual darkness that these ‘rainbow’ moments shine through. We have an insight into both what is real and true and in contrast our existing limited illusions. The juxtaposition of these two (what is real and what is illusory) moves us on in our spiritual development.



When we reflect on spiritual concepts it's like peeling an onion – you begin with what is the outer layer and start taking off the layers – going deeper. This workshop is about peeling back the layers of the symbolism of the rainbow, exploring and sharing the discovery together. At the core of this is the concept of energy and how it is experienced by each of us at different levels – the physical, mental and emotional and the spiritual. During the day we will reflect on how to find balance in our lives and be authentic and true to our spiritual or higher self.

Aim of the day: To use the symbolism of the rainbow and the different energies of colours to better understand and connect with our soul.

The day will include:

- o time to reflect on the seven colours of the rainbow
- o discussion on the symbolism of the rainbow
- o rainbow meditations
- o personal and small group reflection
- o creative time – playing with colour
- o books, cards, DVD's available to buy

Lunch

You are invited to bring food for a shared lunch (drinks provided).

Cost of workshop £10 minimum

If you would like any further information then please don't hesitate to contact Judith 01202 304671 or email: wilson.hideaway@virgin.net



REPLY SLIP:

Please complete and return by **Saturday 13th March**

Name.....

Address.....

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Telephone.....

Email.....

I wish to book places.

Please send reply slip along with £5 deposit per person

(cheques payable to Spiritual Wisdom)

to: Judith Wilson
Hideaway
13 Wynter Close
Littledown
Bournemouth
BH7 7RL