

True Colours

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Other books by Jill Kramer:

Impossible Love
Re-Kindling the Flame

ISBN NUMMER: 9789402150728

PUBLISHED: THE NETHERLANDS

PUBLISHED BY: BRAVE NEW BOOKS

2016

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This book is dedicated to Vicky Wall for all the inspiration she passed onto me. Thank you for being a huge part of my life when I was young.

True Colours

*You with the sad eyes
Don't be discouraged
Oh I realize
It's hard to take courage
In a world full of people
You can lose sight of it
And the darkness inside you
Can make you feel small*

*But I see your true colours
Shining through
I see your true colours
And that's why I love you
So don't be afraid to let them show
Your true colours
True colours are beautiful
Like a rainbow*

*Show me a smile then,
Don't be unhappy, can't remember
When I last saw you laughing*

*If this world makes you crazy
And you've taken all you can bear
You call me up
Because you know I'll be there*

*And I'll see your true colours
Shining through
I see your true colours
And that's why I love you
So don't be afraid to let them show
Your true colours
True colours are beautiful
Like a rainbow*

*Cyndi Lauper
From the 2nd album Hope Songs*

INTRODUCTION

This book has been evolving for a long time. In 2015 I started to write a book about colour and it was going really well until I pushed it to one side and more or less forgot about it. I think it was because I was trying to combine my work with that of someone else and the flow was just not happening.

Recently I picked up the large manuscript again and began to re-write parts and first of all it looked as though I was going to use the first manuscript.

Yesterday I read a quote on Facebook, which said:

'You cannot start writing a new chapter if you keep re-reading the last one'.

and literally overnight the book has taken on a completely new look.

This morning I have literally chopped the book into two parts and put the second part away again in Dropbox until another moment, or maybe nothing more will come of it. Who knows?

This book has to be my story about colour and one that has been going on virtually since I was born. Sharing the insights with you given to me as a child by Vicky Wall.

I hope when you read this book, that your true colours will become apparent and help you to realize who you are and why you are here.

Enjoy. JK

MY STORY (IN SHORT!!)



I was born at Hampton Court Palace along the River Thames near London on the 20th August 1954 at 03.46 early one morning. Born under the sign of Leo, with Leo ascending, it was

just perfect to make an entrance on this planet exactly on that date and that time.

Another thing I realized quite recently was that the time I was born adds up to the number 13 and this features again in my Mayan sign, White Wizard, Tone 13. More about this later.

The majority of my childhood was spent in the company of my own mother, my maternal grandmother, her sister and my own Godmother Vicky Wall. Wonderful summers spent at 'Oakmead' a large English country house on the Sussex downs and it was during these same summers, that Vicky taught me all about colours, plants and herbs and their healing.

Summers of good weather, tea and cakes on the lawn, feeding the pony in its paddock, what child could have wished for so much loving attention from a group of women?

In 1974 I became ill and had a heart operation for a leaking mitral valve at the National Heart Hospital in London. In the days of pioneering heart surgery it was a huge honour to have Christian Barnard and John Parker as the operating surgeons. It was during this same operation that I had a 'near death experience' and found myself completely out of my own physical body on the way to a place of incredible beauty, colour and sound. It was so lovely there I actually did not want to return, but I did and it was actually a life changing experience.

In 1977 a few years later I moved to the Netherlands. I was actually working at the time for a Dutch company in West Byfleet in Surrey, which is where I lived with my parents at the time.

For a special English project moved to Delft and worked at the mother company Gist-brocades in Delft. I met and married my Dutch husband in 1982 and my daughter was born in 1988 and my son in 1992. Life was very good.

In 2003, I fell and broke my left leg in four places whilst out walking with my dogs on Monday morning. It had snowed over the weekend and thawed into slush and one of the dogs suddenly pulled me onto the grass and for no apparent reason I fell and ended up in the mud unable to move at all. A lot of operations and pain and literally I was being stopped in my tracks. In retrospect this turned out to be a period of great learning whilst recuperating. This was the year when I did a huge number of courses and workshops because I was confined to bed in the lounge with only my laptop and colour healing therapy training, re-establishing the contact with the work Vicky had done in the UK when I had moved to Holland. Colours have been such an inspiration all my life, being the granddaughter too of a British artist. It was her Aura Soma bottles, which helped not only to turn the tide, but also to heal not only me but my leg as well.

Colours say everything about who you are, why you made the choice to come here and where you are going on your own personal journey and in this book I hope to be able to explain the meanings of the colours, the chakras and the new colours, which are coming through right now, just as Vicky Wall predicted before she passed over in 1991.

So turn the page and step into the rainbow of colours with me because it will tell you so much about yourself, more than you probably realize right now. The colours are the blueprint of your soul, your entire being.

'Tread carefully', Vicky would say, 'because you enter the very thread of my and your existence'.

PART ONE

Introducing the colours

Colour is everywhere and in everything. It is an integral part of this Universe, our planet Earth. Shakespeare once said: 'that our eyes are the windows of our soul,' and in that way everything we perceive is colour.

The colours of the spectrum, 12 in total, are made up from the three primary colours Blue, Red and Yellow. By mixing equal parts of each colour, you can create the secondary colours, Purple, Orange and Green.

Then by mixing two thirds of one colour with one third of another primary or secondary colour, the tertiary colours are created, Turquoise, Olive Green, Gold, Coral, Magenta and Indigo. Making in total the 12 colours of the spectrum.

Vicky Wall, the founder of the Aura Soma colour therapy healing said:

"You are the colours you choose and they reflect your beings needs."

This is very true, when you open your eyes you see colour, literally everywhere and all around and you know instinctively (or your soul) which colour is your favorite and why. Of course you also need to take shades of colour into account too, the darker the shade, the deeper the vibration and the lighter the colour, the higher vibration. You can also compare colours to

the octaves of music notes. Red is the base and deepest colour, and purple is the highest and lightest one.

So when you look at colours, your soul chooses the colour that attracts it the most. The colour it knows so well. It is also quite possible that you incarnated on this particular ray of colour too.

So in this book we are first going to look at the colours and the chakras and then later look at more aspects of life connected to colour in general.

Colours are also associated with the chakra's or energy points in the physical body. Originally in ancient times people thought that the body had seven chakras and each one had a specific colour. This was true but today we know so much more about the chakras and the auric field of course as time evolves and mankind develops, the colours of the new chakras have changed too.

We used to talk about:

The base chakra (bottom of the spine) - red

The sacral chakra - orange

The solar plexus - yellow

The heart - green

The throat - blue

The third eye - Indigo

and the crown - purple

Basically seven colours for seven chakras. But what about the other colours that make up the spectrum of 12.

I have been studying colour for the majority of my life and actually received my first lessons as a child from Vicky herself. I can remember her talking about how the colours would change.

Now it is 2016, there have been so many changes in the world as we know it, communication from one place to another across the planet is possible in seconds so it is incorrect to think that one of the most important parts of this world, colour, is not evolving at the same speed.

As a point of reference, and in order to not repeat things, here is a summary of the colours, one by one, the meanings of the colours, and their complementary colours. Complementary colours are those, which stand opposite to one another in this image:

Also included in this book are my own thoughts on the new colours, how the colours for each chakra point are becoming different as we prepare to enter into a higher dimension. 3D is old knowledge now and we are being asked to 'think out of the box' and look at the new colours coming through.



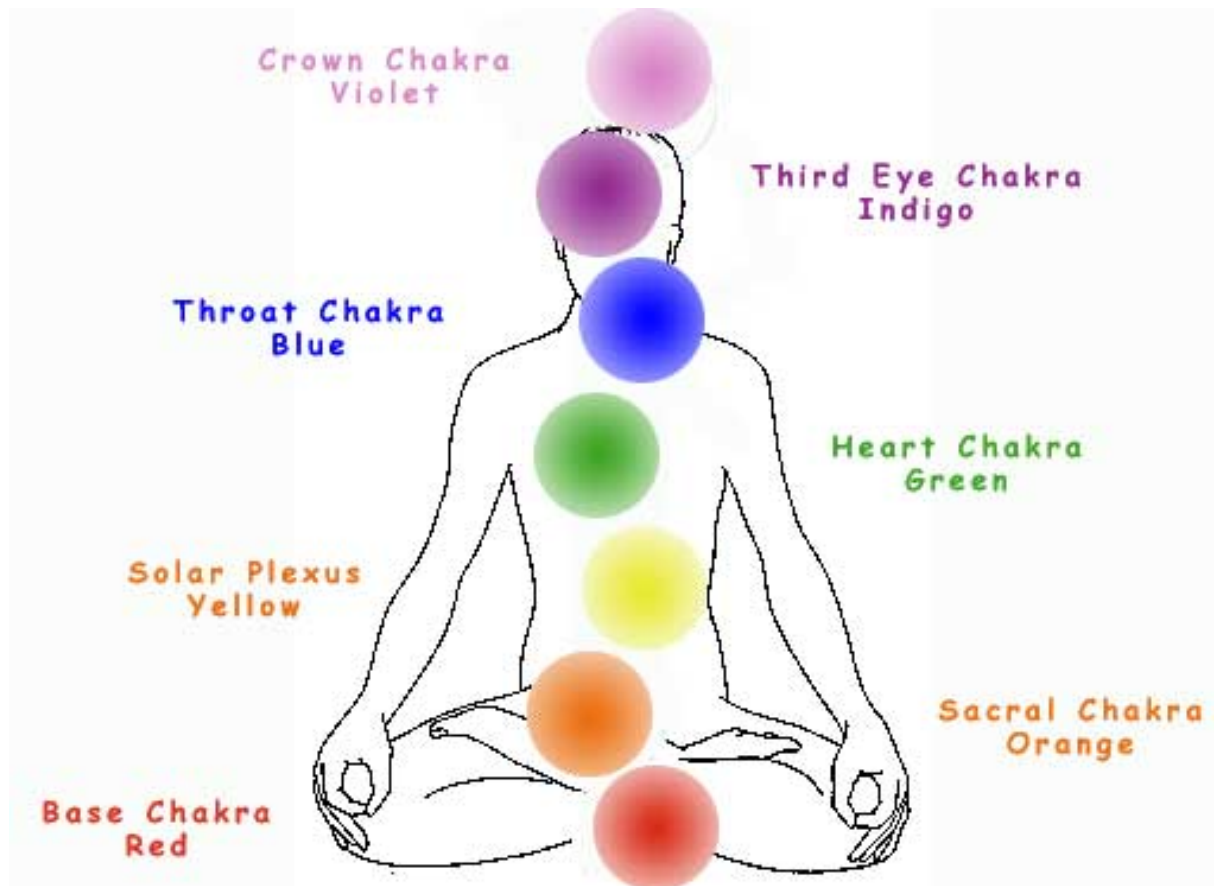
This image is the so-called Colour Star, showing the 12 colours of the spectrum, primary, secondary, tertiary and complementary colours.

The complementary colour is just as important as the one colour you choose for yourself. The complementary shows you the 'shadow' side, and even though in the first instance it may be a colour you would not choose first of all, the complementary colour has a lot to tell as well.

So summarizing:

Looking at the colour star, the colour opposite it is the complementary one.

Basic Colour	Complementary Colour
Red	Green
Blue	Orange
Yellow	Purple
Green	Red
Purple	Yellow
Orange	Blue
Turquoise	Coral
Olive Green	Magenta
Gold	indigo
Coral	Turquoise
Indigo	Gold
Magenta	Olive Green



This is a picture of the chakra colours in the physical body as we knew them. Chakra centres are places of energy within the body and when all chakras are wide open and functioning properly we are in total balance.

If not, blockages can occur, and there are many reasons why this might happen, we can clear the chakra with the use of colour therapy, or any other alternative therapy (like meditation for example).

PART TWO

THE SEVEN CHAKRAS WE KNOW RIGHT NOW

BASE OR ROOT CHAKRA RED

So let's get going with the base or root chakra. The name in Sanskrit is Muladhara and means the connection of your physical body to the earth and the way your body is able to move upon the earth's surface.

Each chakra has a bodily, emotional and spiritual connection. The traditional colour for the base/root chakra is RED. The complementary colour (or in other words opposite) is Green.

The colour RED has the lowest vibration in the spectrum.

These are the traditional thoughts about the colour RED so be prepared to let all of this information go as you read on:

Red is a primary colour.

Words which are connected to the colour RED are:

Leader

Determined

Creative

Dynamic

Thankful

Passion

Energy

Ego

A pioneer

Loves to Share

Feels that people's rights are important

Anger

Vigor

Likes to get things done!

Red is the spirit of the bodily experience

Power

Fire

Ambition

Adrenaline and Energy

Wants to get their own way, whatever the cost!

Endless Energy (this can result in a burn out)