



# Wessex Research Group Network *Newsletter*

VOLUME 16, ISSUE 3

March 2021

**M**arch 2021 brings the promise of new beginnings, not least with the Vernal Equinox and the start of Spring (according to the astronomical definition of the seasons). In the Hindu, Assyrian and Persian calendars, March is associated with the start of the New Year.

## ***The Metaphysics of Colour and Sound***

**By Grahame Cheater**

Colour and sound provide us with very different experiences (visual and audio) yet metaphysically they are linked.

Pythagorus became very interested in the relationship between colour and sound theorising that that seven major notes of the musical scale and the seven colours of the spectrum were linked. We now know that if we speed up middle C to a light frequency, it relates to the colour red at the bottom of our visual spectrum. Red is also the colour associated with the root chakra, feminine energy and the physical structure of the body (e.g. bones). When worn a warm red might be indicative of someone undergoing thoughtful change. Musically the string bass is also associated with the root chakra. A deep sounding large instrument, the string bass is in contact with the players body when played, vibrating through it.

The cello is smaller in size than the string bass and is played seated with less bodily contact. Cello's are associated with the solar plexus chakra and the colour yellow. Invigorating and emotional, the wearing of yellow clothes might be indicative of great energy and also sensitivity. The alto saxophone and the guitar also connect to the solar plexus

The tenor saxophone and the violin are instruments associated with the heart chakra. The heart centre is connected to the arms which hold the violin away from the body but over the area of the heart centre. Colours associated with the heart are pink (representative of self appreciation) and green (representative of selflessness, service and the giving of love).



Pan pipes, flutes, bells, wind chimes and gongs move us beyond the physical body into the etherial. The flute is linked to the throat as is the colour pale blue. Someone wearing pale blue clothes might be also be looking to communicate or network.

Spiritual statements are made through bells, gongs and cymbals. At a lower frequency trumpets and drums perform similar roles. The trumpet is the announcer with its forceful pushing energy, although using a mute makes the sound warmer and softer. Drums are about excitement, instinctive rhythm and projection and used to project messages.

Black (a masculine colour) joins sound and colour. It is not a negative colour but an indicator of extreme sensitivity (emotion, difficulty, trauma). It's also a colour worn to cloak emotions (e.g. worn at funerals). Heavy rock / metal music is associated with black which can provide an outlet for the expression of pain and anger. Black can be the energy that enables us to move forward but it can also keep you in one place or be indicative of dogmatic behaviour.

The colour of our clothing and the music to which we listen give us clues to state of being at a particular point in time. Intuitively we draw towards us the energies we require, through colour and sound.

**IN PERSON EVENTS**

27 Mar **Glastonbury**  
the Template  
Sacred Geometry Workshop  
Claudie Planche  
[stargaia.com](http://stargaia.com)

**ON-LINE TALKS**

1 Mar  
How to Know Higher Worlds  
Philip Martyn & Sue Peate  
[rsh.anth.org.uk](http://rsh.anth.org.uk)

2 Mar  
the Apocalypse for the Clergy  
Brendan McQuillan  
[rsh.anth.org.uk](http://rsh.anth.org.uk)

2 Mar  
LGBTQ Introduction to Meditation  
[FISU.org](http://FISU.org)

3 Mar  
Art as Seen in the Light  
of Mystery Wisdom  
Brendan McQuillan  
[rsh.anth.org.uk](http://rsh.anth.org.uk)

4 Mar  
Midweek Meditations  
Geoffrey Beitz  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

4 Mar  
Conversations that Matter  
Do Design  
Why Beauty is the Key to Everything  
Sir Tim Smit & Alan Moore  
[hawkwoodcollege.co.uk](http://hawkwoodcollege.co.uk)

5 Mar  
the Basics of Chart Interpretation  
David Matthews  
Totnes Astrology Group  
Tel. 01803 867145

7 Mar  
Shamanic Sundays Group  
Mandy Pullen  
[ecoshamanism.org.uk](http://ecoshamanism.org.uk)

7 Mar  
Introduction to Meditation  
[FISU.org](http://FISU.org)

7 Mar  
Divine Union Soundbath  
Dean Carter  
[centreforpuresound.org](http://centreforpuresound.org)

9 Mar  
Shamanic Sundays Group  
Mandy Pullen  
[ecoshamanism.org.uk](http://ecoshamanism.org.uk)

9 Mar  
LGBTQ Introduction to Meditation  
[FISU.org](http://FISU.org)

10 Mar  
Meditations and Mantras  
for Protection  
Gemma Bliss  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

10 Mar  
the Spiritual Hierarchies  
and their Reflection in the Physical  
World, Zodiac, Planet, Cosmos  
Brendan McQuillan  
[rsh.anth.org.uk](http://rsh.anth.org.uk)

11 Mar  
LGBTQ Introduction to Meditation  
[FISU.org](http://FISU.org)

12 Mar  
Messages from the  
Animal Spirit Realm  
Scott Alexander King  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

12 Mar  
the Changing Face of Karma  
in Our Times  
Rick Moxon  
[rsh.anth.org.uk](http://rsh.anth.org.uk)

14 Mar  
the Paradox of Monotheism  
David Nieuwejaers  
[theosophicalsociety.org.uk](http://theosophicalsociety.org.uk)

14 Mar  
Divine Union Soundbath  
Dean Carter  
[centreforpuresound.org](http://centreforpuresound.org)

15 Mar  
How Compatible Are Science  
and Religion?  
Dr Iain McGilchrist  
[mysticsandscientists.org](http://mysticsandscientists.org)

16 Mar  
Sleep Better with Yoga Nidra  
Grainne McAnallen  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

17 Mar  
World on Fire  
Conversations that Matter  
Ancient Tales Lived Now  
Olivier Mythodrama  
[hawkwoodcollege.co.uk](http://hawkwoodcollege.co.uk)

18 Mar  
Introduction to Meditation  
[FISU.org](http://FISU.org)

18 Mar  
The Seven Stages of the  
Soul. Navigating through  
unprecedented times from both the  
practical and spiritual perspective  
Joe St Clair  
[bathpositiveliving.co.uk](http://bathpositiveliving.co.uk)

18 Mar  
Midweek Meditations  
Geoffrey Beitz  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

19 Mar  
Passiontide. A Time  
for Discovering Ourselves  
Peter Van Breda  
[rsh.anth.org.uk](http://rsh.anth.org.uk)

20 Mar  
Swami's Wisdom Teachings  
Swami Aliananda  
[kriyayoga.org.uk](http://kriyayoga.org.uk)

21 Mar  
Divine Union Soundbath  
Dean Carter  
[centreforpuresound.org](http://centreforpuresound.org)

23 Mar  
the New Era of Human  
Consciousness  
Sri Anish  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

24 Mar  
Introduction to Meditation  
[FISU.org](http://FISU.org)

26 Mar  
Renewing the Forces  
of the Free Spirit  
Stephen Usher  
[rsh.anth.org.uk](http://rsh.anth.org.uk)

28 Mar  
Living Theosophy  
Anne Kelly  
[theosophicalsociety.org.uk](http://theosophicalsociety.org.uk)

28 Mar  
Aires. Meditation Transforming  
Planetary Consciousness Webinar  
[aquaac.org](http://aquaac.org)

#### SHARED ON-LINE TALKS

7 Mar  
Adventures into Water Dowsing  
Aaron Bray  
[devondowers.org.uk](http://devondowers.org.uk)

[tamar-dowers.org](http://tamar-dowers.org)

[thamesvalleydowers.org.uk](http://thamesvalleydowers.org.uk)

28 Mar  
Experiences of Dowsing  
Ancient Churches  
John Moss  
[devondowers.org.uk](http://devondowers.org.uk)

[tamar-dowers.org](http://tamar-dowers.org)

[thamesvalleydowers.org.uk](http://thamesvalleydowers.org.uk)

#### ON-LINE WORKSHOPS

1 Mar  
Writing the Bright Moment  
Roselle Angwin  
[roselle-angwin.co.uk](http://roselle-angwin.co.uk)

2 Mar  
Wisdom of Self Healing  
Through the Seasons  
Katherine Long  
[hawkwoodcollege.co.uk](http://hawkwoodcollege.co.uk)

3 Mar  
Morning Yoga  
[thespaceshaftesbury.co.uk](http://thespaceshaftesbury.co.uk)

4 Mar  
Journey Practitioner Mastery  
Europe  
Brandon Bays  
[www.thejourney.com](http://www.thejourney.com)

5 Mar  
Essences Practitioner Training 2021  
Chalice Well Team  
[chalicewell.org.uk](http://chalicewell.org.uk)

6 Mar  
Angels of Sound Part 1  
Dean Carter  
[centreforpuresound.org](http://centreforpuresound.org)

6 Mar  
Learn the Shaman's Journey  
Mandy Pullen  
[ecoshamanism.org.uk](http://ecoshamanism.org.uk)

6 Mar  
the Inner Child  
A Goethean Psychology  
Graham Kennish  
[rsh.anth.org.uk](http://rsh.anth.org.uk)

6 Mar  
TLC Training from the  
Soul Midwife's School  
Mandy Preece  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

7 Mar  
Acupressure for Self Care  
Neck Release  
Jackie May  
[joyousisle.com](http://joyousisle.com)

8 Mar  
Thrive in 3D/5D  
Chris Bourne  
[www.openhandweb.org](http://www.openhandweb.org)

10 Mar  
Be Your Future Self Now  
Conscious Connection to Your Innate  
Navigation Tools  
Sabina Rademacher  
[hawkwoodcollege.co.uk](http://hawkwoodcollege.co.uk)

13 Mar  
Mediumship Made Perfect  
Anthony Kesner  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

13 Mar  
Receiving Guidance from Your Soul  
and Spirit Guides  
Sarah Tyler Walters  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

13 Mar  
Angels of Sound Part 2  
Dean Carter  
[centreforpuresound.org](http://centreforpuresound.org)

14 Mar  
Acupressure for Self Care  
SEVA for Stress Release  
Jackie May  
[joyousisle.com](http://joyousisle.com)

19 Mar  
Writing the Wild Spring  
Helen Moore  
[hawkwoodcollege.co.uk](http://hawkwoodcollege.co.uk)

20 Mar  
Unseen Energy  
Explore Spirit Art and Psychic  
Drawing  
June Elleni Laine  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

20 Mar  
Herald in the Spring  
Swami Aliananda  
[kriyayoga.org.uk](http://kriyayoga.org.uk)

20 Mar  
Angels of Sound Part 3  
Dean Carter  
[centreforpuresound.org](http://centreforpuresound.org)

21 Mar  
Acupressure for Self Care  
Respiratory Release  
Jackie May  
[joyousisle.com](http://joyousisle.com)

21 Mar  
Process Acupressure 1A  
Foundations  
Jackie May  
[joyousisle.com](http://joyousisle.com)

27 Mar  
Angels of Sound Part 4  
Dean Carter  
[centreforpuresound.org](http://centreforpuresound.org)

27 Mar  
A&P for Healers Part 3  
Doe Warnes  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

28 Mar  
Inspired Writing with the Archangels  
and Goddesses  
Liesl Duffy  
[collegeofpsychicstudies.co.uk](http://collegeofpsychicstudies.co.uk)

Great Spirit of Life,

Who has given us such a  
beautiful world,

Fill our hearts with love for our  
fellow beings throughout the  
planet,

and help us serve the wellbeing  
of all

by Sue Coppard

To promote an event or submit  
a contribution to the newsletter  
email Robert at  
[robertmulliss900@uwclub.net](mailto:robertmulliss900@uwclub.net)  
or log on to  
[www.wessexresearchgroup.org](http://www.wessexresearchgroup.org)