

*'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 Facilitator

**Helen Brown** is an experienced Jungian therapist, and likes to work with people in a creative, holistic way. She has recently been ordained in the Swedenborgian church and works freelance, facilitating groups and workshops. She has written a short course entitled 'Nurturing the Soul' and offers spiritual counselling and spiritual direction to people across all belief systems or none.

### How to get there

The nearest tube station is High Barnet which is at the Northern End of the Northern Line.

New Barnet British Rail station is close

Buses No: 34, 84, 107, 263, 307, 326, and 385 pass along Great North Rd or Station Rd near the Church.

Ask for the Odeon or Fire Station.

The Church backs onto the Fire Station. Cars must approach via Warwick Rd. off Station Rd.

Parking is available on site.

# 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 6<sup>th</sup> March**

10am – 4pm

Venue:

Greenhill New Church Centre  
177 Leicester Road  
New Barnet, Herts. EN5 5EB

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 £12 (£8 concessions)**

If you would like any further information then please don't hesitate to contact Hilda 020 8777 2780 or email: [rainbow@spiritualwisdom.org.uk](mailto:rainbow@spiritualwisdom.org.uk)



**REPLY SLIP:**

Please complete and return by **Friday 26<sup>th</sup> February**

Name.....

Address.....

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Telephone.....

Email.....

I wish to book ..... places.

**Please send reply slip along with £12 per person (£8 concessions)**

*(cheques payable to Spiritual Wisdom)*

to: Hilda Johnson  
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