

JOURNEY  
THROUGH  
THE  
RAINBOW  
ALCHEMY  
LAB

# JOURNEY THROUGH THE RAINBOW ALCHEMY LAB

Through a period of 2 weeks, we embark on a visionary and visceral journey through the colour spectrum of the rainbow. Through the chakra energy centers representing the 7 levels between heaven and earth. Each day we will work with a specific vibrational frequency represented by ;colour. foods, aromas, herbal teas, sound and art practices all within the living practice alchemy lab. Within this framework of colour therapy, the alchemy lab is a co-creation of all gathered and harvested elements working to transform the sensorial perceptions of the person engaging and participating in the gallery space. Through complete immersion of the senses into a ritual space evocative of temple sanctums of old, colour becomes a transformative experience, both inside and outside. By adorning, wearing, ingesting and resonating with a colour ray and chakra energy every 2 days (7 colours/ chakras in total) we ascend through the spirals of colour consciousness linking earth,which begins the process and heaven,which finishes the connective process

A Daily Practice through the Chakra Wheels of Light

## INTENTION

As artists and wellbeing practitioners, we hope to explore the possibilities for Collective Impact and Collective Social Wellbeing. The pedagogy of Social Arts Practice requires a significant shift in mindset and behaviour.

This shift sees working collectively take priority over working individually. Rather than becoming focusing on fixed outcomes we choose to foster authentic, relational environments that enable participants to see resources and opportunities through a shared experience of art making and arts practice, thus allowing for new possibilities to emerge.

## METHODOLOGY

The artwork is realised by combining an ecological awareness with social practice and a nature-lead sculptural approach that utilises the on-site organic materials paired with the natural materials of the artists inherent practices. As these practices draw on ceremonial and ritualistic methodologies that continue the essential dialogue around our vital relationships with the natural world and that draw attention to the current commodification of natural resource and the intrinsic value of plant life.

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This opportunity comes at a time where the medical care is expensive and traditional knowledge is being overlooked. The aim is to generate a new way of working as a tool for empowerment and communal wellbeing. Through creating a living artwork that natively responds to its environment becoming an open alchemy lab in a gallery context. One which invites visitors to contribute, experience and learn through the live developments and scientific experiments that are happening in the space. We see the Alchemy Lab as an activated gallery space that functions to aid plant identification and awareness of their inherent properties, whilst providing sustainability, physical, mental and spiritual nourishment through learning and sharing the beauty of plants.

Chakras are spinning “wheels of light” or energy centers in the body that start at the root chakra at the base of the spine, and travel up to the crown chakra at the top of your head, stopping at five other points along the way. When the chakras are open and operating at their fullest, they draw fresh energy in from the unified field that replenishes and nourishes your personal energy field and keeps you healthy. [Journey Through The Rainbow Alchemy Lab](#) is a 2 week intensive, focused on balancing and recalibrating ourselves with the natural cycles and foods of the earth.





EARTH



CHAKRA

**Colour:** Red

**Qualities:** Survival, Life Force, Security, Health,

**Crystals:** Red Agate, Garnet

**Foods:** Beets, rutabagas, garlic, ginger, turnips, potatoes & parsnips are just a few of the many options for root veggies. Protein, especially red meat, is also grounding and red food like apples or pomegranates corresponds with the color of this chakra and can help to recharge your roots

**Dyes:** Beets, Paprika, Red Clay, Maple Leaves  
Red Onion

**Tea:** Red Peach Twig, Chai Spices, Clove, Pepper, Cardomom, Rosehip, Pohutakawa

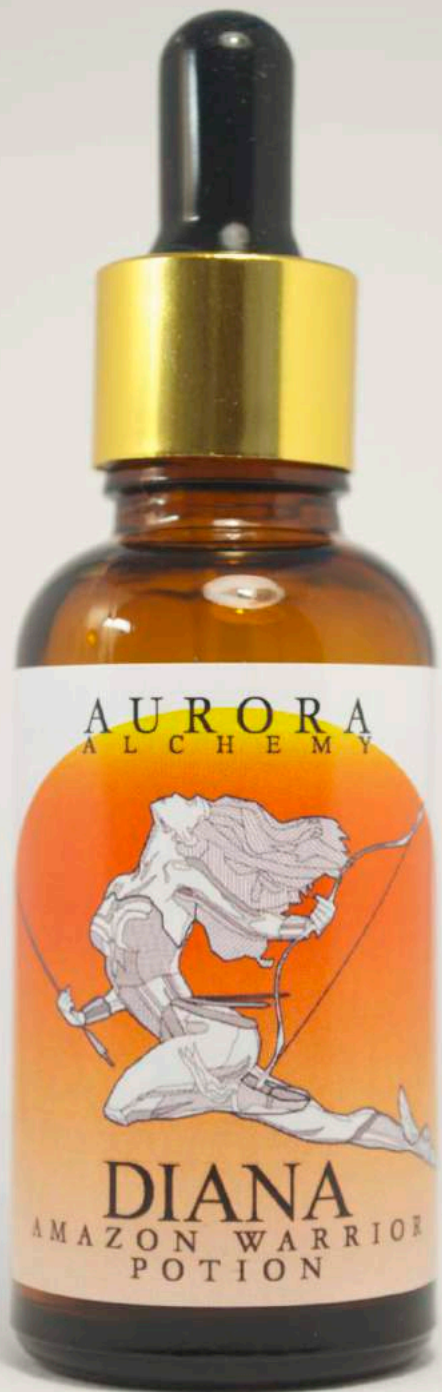
**Oil:** Durga Protection Potion  
-Rose, Black Pepper, Frankincense, Myrrh

**Ritual:**

Day 1: Fire Meditation

Day 2: Mahuika Tree Blessing Ceremony

This chakra is located at the base of your spine and acts as your foundation, your roots, your connection to the physical world



SACRAL



CHAKRA

**Colour:** Orange

**Qualities:** Power, Vibrancy, Creativity, Sexuality

**Crystals:** Carnelian, Tigers Eye, Tangerine Quartz

**Foods:** orange foods especially carrots oranges & orange juice. Luscious juicy fruits can also help to charge this chakra so have some melon, mango, or strawberries

**Dyes/Flowers:** Brown Onion, Rust, Orange Blossom, Saffron, Carrot, Lichen, Marigold, Bird of Paradise

**Tea:** Orange Peel, Saffron, Marigold, Frankincense, Myrrh

**Oil:** Diana Amazon Warrior Potion - Bergamot, Frangipani, Frankincense, Patchouli

**Ritual:**

**Day 1:** Breathing with Colour Scent  
A Meditation in Orange

**Day 2:** Mindful Eating : A Sampling of the Colour Orange - Buddhist Mindfulness Practice to achieve the Thundering Silence  
Just below your navel sits your second chakra, which governs sexuality and emotions. The second chakra's element is water, so pure water is the best thing you can ingest to clear and heal this chakra.





SOLAR  
PLEXIS



CHAKRA

**Colour:** Yellow

**Qualities:** Joy, Sunshine, Optimism, Energy, Centeredness

**Crystals:** Citrine, Yellow Calcite, Golden Quartz

**Foods:** Sunny yellow foods really help to clear and balance this chakra, especially yellow peppers, but you can also try corn, yellow lentils, yellow curry & bananas. Since this chakra converts energy, it needs

foods that are not absorbed too quickly so avoid sugar, white flour & processed foods

**Dyes/Flowers:** Turmeric, Dandelion Flowers, Alfafa Seeds, Bay Leaves, Burdock, Celery, Crocus, Willow Leaves, Daffodils

**Tea:** Saffron, Turmeric, Chinese Yellow Tea, Chamomile, Marigold, Sunflower

**Oil:** Lakshmi Abundance Potion - Jasmine, Peppermint, Pine

**Ritual:**

**Day 1:** Sun Salutations: Sun honouring rituals from various cultures. India, Egypt, Japan & other interconnected solar traditions

**Solar Power:** Using colour cloths and guided meditation to access the energy of the inner sun - experiential colour applications

The third chakra transforms raw fiery energy into action and is your source of self-esteem



HEART



CHAKR

Colour: Green |

Qualities: Healing, Growth, harmony, freshness & fertility. Also linked to abundance and money

Crystals: Greenstone, Gaia Stone, Peridot, Aventurine, Amazonite, Green Agate, Seraphinite

Foods: Green vegetables, especially leafy and cruciferous ones like kale, lettuces, spinach, chard, bok choy, collard greens, broccoli really ramp up the energy of this chakra

Dyes/Flowers: Spirulina, Spinach Leaves, Artichokes, Chamomile Leaves, Grass, Mint, Nettle, Pigweed, Plantain, Pine Needles, Sorrel, Tarragon

Tea: Green Tea, Matcha, Peach Leaf Tea, Wild Clover Tea

Oil: Green Tara Phoenix Potion

- Clove, Rosemary

Lotus & Aphrodite Pleasure Potion

- Juniper, Ylang Ylang, Tuberose

Ritual:

Day 1: Anahata Heart Songs

- Musical Journey through the Heart Chakra

Day 1: Scent-based Meditation

- At the level of the heart

Your fourth chakra is located at your heart and rules love and relationships





THROAT



CHAKRA

**Colour:** Aqua Blue

**Qualities:** Calm, Communication, Watery Emotions, Clarity, Gentleness

**Crystals:** Aquamarine, Blue Calcite, Chalcedony, Turquoise, Blue Lace Agate

**Foods:** Blue foods, particularly blueberries which encourage expression. Fruits work to balance this chakra, especially fruit that grows on trees like apples, pears, peaches, apricots and plums. As they are said to be true to themselves falling off the tree when they are ripe

**Dyes/Flowers:** Basil, Blackberry, Cherry Tree roots, Purple Iris, Elderberry, Grapes, Mulberries, Hibiscus, Egyptian Blue

**Tea:** Blueberry, Blue Butterfly Pea, Borage, Cornflower, Pansy, Hibiscus (initial brew)

**Oil:** Virgin Mary Miracle Potion

- geranium, rose, gardenia, rosewood, myrrh

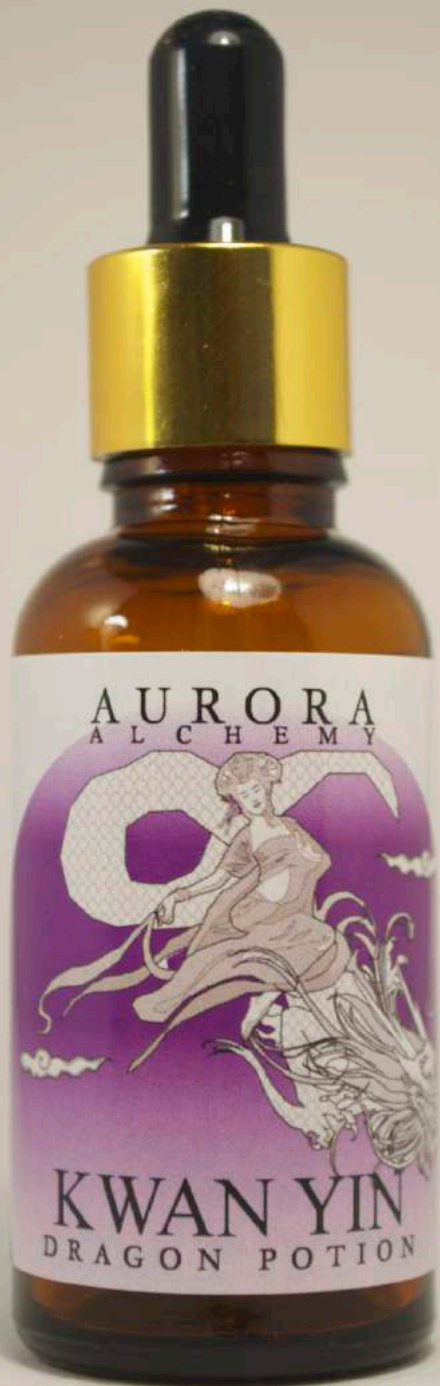
**Ritual:**

**Day 1:** Sound chants; mantras of the world

**Day 2:** Tones of Love: Finding the Tones of the Chakras

The fifth chakra is located in the center of your throat, and is the home of your voice, the center of your communication, and the keeper of your authenticity.





THIRD EYE



CHAKRA

Colour: Indigo/ Purple

Qualities: Wisdom, Insight, Intuition, Spirituality, Visionary Intellect

Crystals: Lapis Lazuli, Amethyst, Azurite, Kyanite, Fluorite

Foods: Eggplant, Acai Berry, Purple Cauliflower, Purple Potatoes, Purple Corn, Purple Kumara, Purple Asparagus, Black Rice, Pansy, Lavender, Pomegranate, Grapes

Dyes/Flowers: Raspberries, Red Cabbage, Red Maple Bark, Elderberries, Blackberries, Red Cedar-roots, Pomegranate, Indigo Egyptian Blue

Tea: Blackberry, Elderberry, Acai, Pomegranate

Oil: Joyful Surrender Potion

-Lavender, Rose, Grapefruit,

Kwan Yin Dragon Potion

-lotus, clary sage, lemongrass

Ritual:

Day 1: Gateway to Heaven:

-Visionary Walk through Wharepuke Gardens

Day 2: Magical Substances of Potterdom

-A Botanical History of Curious & Powerful Flora

This chakra is more spirit than earth, so nourishment really comes from sources other than food, including love and a strong connection to the divine. Eating light meals while engaging in a spirit-boosting activity like meditation can energize your third eye





CROWN



CHAKRA

Colour: White

Qualities: Purity, Brilliance, Transcendence, Cleansing, Light.

Crystals: Quartz, Diamond, Selenite, Snow Quartz, Laborodite

Foods: Rice, Bean Sprout, Turnip, Parsnips, Cauliflower, Mushrooms, Onions, Tofu, Garlic, Cheese, Cream, Potatoes, Fennel, Cabbage, White Beans

Dyes/Flowers:

Lily, Gardenia, Camellia, Jasmine, Rose, Frangipani

Tea: White Tea, Peony, Jasmine, White Lotus, Tuberose, Frangipani

Oil: Queen of the Night  
-Jasmine, Lotus, Frangipani

Ritual:

Day 1: Flower Crowns

-Symbols of the Revolution

Day 2: Light Bath

-Stepping into the Rainbow

This chakra is more spirit than earth, so nourishment really comes from sources other than food, including love and a strong connection to the divine. Eating light meals while engaging in a spirit-boosting activity like meditation can energize your crown chakra.



## TIFFANY SINGH

Is a Social Practice artist, specialising in installation outcomes. Born in New Zealand of Indian & Pacific decent. Her practice explores the relationship between engagement in arts, culture & subjective well-being. Since returning from India to New Zealand in 2008, Singh has worked on sustainable community outreach, exploring participation & engagement in the arts & focusing on an expanding range of research within the social sciences. Her interest in cultural preservation combined with strong social & political discourse has seen her use the arts as a vehicle for education, outreach & empowerment. Singh has created significant works of scale in New Zealand and internationally. Her works often suggest positive impact by facilitating audiences through fine art frameworks to engender policy & advocacy of social cohesion. Her Social Practice approach is deeply informed by Eastern Philosophy with a lens towards acknowledging traditional devices that affect well-being to foster unique art experiences.

[www.tiffanysingh.com](http://www.tiffanysingh.com)

## YVETTE SITTEN

Is a holistic entrepreneur and alchemist specialising in the vibrational and magical properties found in nature, ancient beauty and health modalities. Her range of Aurora Alchemy oils & global reach have led her to share this knowledge all over the world, creating links and bridges between ancient cultures and modern foundations. She leads ceremonies and creates altar spaces in power spots, bringing groups into ritual and interpersonal ceremony with the land, elements, people, places and the reconnection of all memories. Sitten was a producer for CNBC, National Geographic & Discovery Channel with a strong focus on arts programming, in particular executive producing South East Asia's first shows on women leaders (Asian Working Woman) and female artists of Asia (Spirited Faces). She is the founder of the Butterfly Musketeers, a non-profit for raising awareness on the NZ Monarch species.

[www.auroraalchemy.com](http://www.auroraalchemy.com)

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*Both Sitten & Singh's combined practice uses natural elements and ancient methodologies to draw on healing frequencies and vibrations to articulate the beauty of nature's bounty. They do this to aid connection for the audience in a real and visceral way. The unfolding of the dual exploration aims to create accessibility to a new generation to engender policy & advocacy of awareness of wellbeing. With a Social Practice focus towards Eastern Philosophical ideas of wellbeing and a lens towards social prioritisation. This description of wellbeing pertains to wellbeing associated to both personal, environmental, cultural & spiritual histories. Thus enabling this alchemy of elemental energies and sacred plant knowledge to be fused into a synthesis of the ancient/modern future template - a vision of ancient knowledge and a re-awakening to new technology and human capabilities.*