

Spiritual Reading for Penny Panagiotaros

Introduction

This is a spiritual reading being given for Penny Panagiotaros, in Victoria, Australia on Tuesday the 13th of January, 2026 by John Rawson.

We perceive the individual now. We perceive the colours that surround her.

The colours are strong, vibrating with a slight upward spiral direction, indicating that the individual is setting her feet on the spiritual path, and that this life will be about increasing awareness of self and of soul, and of soul's purpose.

The vibration or the aura, I suppose I should say, is a bit fine at the edges, indicating perhaps emotional damage or emotional trauma, a lot of intense emotional experiences, probably over the past year, and enormous changes within the life.

There's a particularly difficult period, I would think, in mid-2024, where the new is trying to come in, but sometimes the new coming in means the breakup with the old, the shattering of what's been created in the past, in order that in time to come the new may be rebuilt.

The Aura Colours

The aura colours, as we see them at present, are as follows:

First light red.

Second light yellow with just a touch of brown.

On the outside of the aura, really like a third colour, blues.

Blues from the shoulders.

Yellow inside the head.

Orange vortex.

Reds around the hands.

Brown around the feet and the calves.

Deeper reds around the gonads, the adrenals, the heart, and the will, indicating that these areas will be worked on and opened over the next seven years or so.

The symbol of the Overself, which hovers about four inches above the head, is the individual walking through a very big city, a bit like New York perhaps, with high buildings and skyscrapers on either side, and you're walking down a large road that goes through the city.

The symbol of the Overself tells us something about what's going on in the life at present and we'll discuss it when we arrive at the appropriate point.

The influencing colours or the cosmic colours, a golden yellow above the head, that's a very rare colour, and greens below the feet.

Light Red

Well, we shall commence with an understanding of the aura colours, Penny.

The aura colours or the soul colours are emanations, if you like, energies that the soul emanates. Each colour represents forces that the soul has encountered in different incarnations, and so consequently when we examine the colour closely, we will also discover some of the incarnations which created it, and light red is the colour of life.

If you're fortunate enough to have light red as the first colour, you should be warm, sociable, trusting, not naive exactly, but there's an innocence there, that you want to trust other people and so you don't always look deeply ahead into situations, and that's despite the fact that you've got all the yellow, which indicates a very good mind and thinking ability.

The light red lends itself to occupations we are working with others and making personal connections, so I think it's great that you are stepping into teaching, and this will of course have challenges in the future.

Teaching is a very challenging profession, especially when you first go into it, and allow yourself time.

There will be challenges, there will be obstructions, there will be hassles within your work there over the first two years or so, but if you persist and work through that, then the reward will come.

You have the potential to be a great teacher, the combination of the light red, which is the ability to connect with students and with fellow workers, with staff, and also the yellows indicating an analytical ability - to be detached. And that's interesting because on a personal level I'm not sure that you can ever be detached.

You'll find it really difficult in terms of personal relationships to obtain objectivity - that light red makes you really warm, and it's a difficult lesson if you like, when you've got that colour, to learn to step back sometimes from emotional commitment and emotional involvement.

Life Relationships and the Sacred Contract

You're definitely going to have relationships in the next few years, however, I don't think quite that the person who you might consider your life partner is coming along anytime soon.

There should be a relationship, or at least a good friendship with someone, perhaps a colleague or co-worker in the next year, this year and next year, and then there's a very significant relationship, that arises between the age of 31 and the age of 34, and that is a time when you might well think that you've found someone on the same spiritual path or the same spiritual wavelength.

Then again, between the age of 36 and 39, there's a lot going on in relationships in this time.

Now the thing about relationships from a spiritual point of view is that there are two reasons we enter into relationships.

The first is karmic, that is we enter into relationships with other people, both sexual and friendship, family, any relationship, to balance karma, to repay debts incurred from previous lives, and that's not always a pleasant experience.

Often a karmic relationship may present itself as an enormous physical attraction, or an enormous personal attraction, where you experience the romantic falling in love, emotional experience, and that's not necessarily a spiritual experience, if you can grab the difference. But it is important that you experience these relationships, because each time you enter into a relationship, it's a rebalancing of debts, not just what you owe that person, but what they owe you.

Now I want you to imagine for a moment that you are your soul, that you're standing there as a soul before the Lord of Karma, before you come into incarnation, and the Lord of Karma is of course the one that decides what karma should be repaid in any particular life, but at a particular point in our evolution we get to consult, so to speak, with the Lord of Karma. We get to argue, even disagree, and because we are individualities in our own right, the Lord of Karma will actually let us get away with quite a lot.

So I want you to imagine that you're standing before the Lord of Karma, and the Lord of Karma says,

"Well Penny, what karma, what debts do you want to repay?"

And you say, "Well I think I'd like to repay a debt to that soul, because when I was in Rome, I was their mistress, I owned them as a slave, and I treated them really badly,

and I think I'd like to get that one out of the way, if you don't mind." So, the Lord of Karma says,

"Okay, well you're going to incarnate, you're going to meet this person, and you're going to be enslaved by your own emotional reactions, your own emotional energies, and this person is going to end up not treating you very well, and there will be a lot of joy, but a lot of sadness and upset in that relationship."

Now let's just say that you entered a relationship like that in your 20s, then the end of that should have come round about the age of 29, because when you come to the age of 29, something very special happens on a spiritual level, but we're going back to the Lord of Karma for a moment. If you can imagine the Lord of Karma, he is holding this big sheet of paper, and he's writing down what you want to do, and he's saying,

"And don't forget to add this, and we'll do this, and oh yeah, we'll give you the gift so that you can be a great teacher, and perhaps even a wonderful administrator, and you can help lots of people through helping them think more clearly."

So, you come into incarnation with this, we call it a sacred contract, and you really enter into that at about the age of 30, really in your case at the age of 29. It's the end of one phase of life and the commencement of another.

So, if you feel that you are experiencing a closing of a cycle, I would say you're spot on and very intuitive, because this *is* a cycle that's coming to a close.

Now once this cycle comes to a close, a new one commences, and the new cycle, or the new phase will last for about the age of 50, and between about the age of 30 and the age of 50, about 20 to 21 years, that's when you fulfil all the commitments on your sacred contract, and you tick them off one by one.

Certainly, one of the commitments you made was to become a teacher. We know that this is what the soul wants, because you're entering into it at the age of 29, 2930.

So ,to answer your third question, "Absolutely, teaching is part of your higher path, and that means the path your soul chose for you before you came into incarnation. It is absolutely true."

Now let's go back to this lovely light red colour. It can make you very popular, but at the same time, it can also create enmity and jealousy amongst other people, because it's a very emotive colour, with strong likes, and probably strong dislikes.

So, you're in incarnation, about 240 BC, where you're in a male body, and you are a carpenter. I can see you building things using wood and stone, and creating homes and houses for people.

I don't think you're in Athens, because it doesn't look like Athenian architecture. To me it looks like somewhere in rural Greece.

You were also a blacksmith in that incarnation, and you created weapons apart from anything else.

I think that you were in the state of Sparta, but as I say, not living the city, but living outside, and used to make weapons for the armies.

Then there came a time when you were called to contribute service to the army, because every Spartan citizen, every Spartan male citizen, had to be available to fight.

You fought against the Athenians, your fellow Greeks, and you were killed by an arrow.

So that incarnation gave a number of things, or from that incarnation you brought a number of things. Firstly, there's the ability to craft, to sculpt, to do things with your hands, not necessarily in an artistic way, but to be very constructive, and to be very creative using your hands.

Secondly, there's the aspect of making.

You could have gone into industry in this incarnation, except perhaps Australia doesn't have a lot of the industry that might have hired you.

But more than that, because you had apprentices, in this life you again will be in a mentor, apprentice relationship. So you'll be the mentor with apprentices, and it's not just a job for you. I think that there's an idealistic level in which you feel strongly that children, young adults, need to be educated in scientific thinking, scientific understanding, critical thinking, analytical thinking, deductive thinking. All these things, because science is not just about experiments, it's about thinking things through, creating hypotheses and testing theories. And so the science teacher has a huge burden on them to not just make fun experiments for kids, but to train the minds in a way that is quite rare in 21st century.

The third quality you brought from that incarnation was that of courage. You did not hesitate to lay down your livelihood, leave your family in that life, and to go and fight for a cause that you believed in.

So that there's an idealism within you that you're ready to fight for a cause if you believe in it. And in this incarnation, don't worry, you're not going to enter a physical army. The cause that you'll fight for, that you're going to battle for, is not to do with ideals and goals and societal contributions, if you like.

Strong sense of idealism there.

In that incarnation, you left a wife and two children, two little boys. In this incarnation, you should have encountered those souls again.

In this case, the partner or the wife in that life might be a partner in this incarnation, and the two boys might well incarnate as children in this life. But in this incarnation, if you have children, it will be very important to you to have a close, protective, nurturing connection with them, not to have to walk away from them.

And as time goes on, I think that you'll become quite a leader in your profession.

That I can see in the next ten years that you'll be training not just students, but adults, perhaps other teachers; be running workshops, speaking at seminars, doing lots of stuff to do with networking.

It's interesting that 24, 25, perhaps from 23 to 25 to now, it's been a tremendous building in terms of career profession. So this would be a great time to change and to also reach, to move into a profession where you feel that this is more than a job, it's a profession. And that you feel - I'll put this another way around - profession should be associated with a calling.

That's the old term. We're *called* to a profession. We're not usually called to a job. We just take on a job because it brings an income. But a profession where you're serving other souls, that's a calling. And that should be something that will finalise this year.

Then you're going to move, around about January actually, so very soon, you're going to move focus from career to goals and ideals. You'll be associating with networking with people, with a huge amount of discussion, communication, relating to other people, an ongoing learning and it's a two or three year period where you redefine your goals.

What you end up with in about 2028, 2029, will be your goals for the next 20 or 30 years. So it's a time of solidifying, clearing and setting new things in front of you.

Interesting incarnation in, I think, the 13th or 14th century in China, again you're in a male body and you are a general. You're in command of an army, or at least a lot of fighters.

In that incarnation you were very good strategist that you could map out a campaign. You could examine a city or a fortification and discover its strengths and its weaknesses and form a plan of battle accordingly.

Now that was perhaps more a head than a heart incarnation, and this is more a heart than a head incarnation, you understand what I mean? So that you're working more in this life from your heart.

You've had a few 'head' incarnations, we'll look at that shortly.

But definitely you have the ability to strategize and to form up a plan of attack.

And it's a bit of a battle between head and heart because the head says,

"Oh I could sort this out for you, Penny" and the heart says, "No, no, no, I just want to love. I just want to be, to let go, oh I just want to trust."

Just remember that you have that ability to think, understand and make strategies, and as the next 20 years go on, I think that more and more you'll use that ability.

The Colour Yellow

That brings us to the second colour which is the light yellow, yellow with a hint of brown.

It's good because if it was just yellow, you'd be an academic. And that's all very well because the world needs academics. But the whole philosophy of academia is summed up in the phrase "that you learn more and more about less and less until you know everything about nothing", someone said once. And that's not you. You don't want to specialise, you don't want to climb up the ranks and the ladders and get more and more degrees. What you want to do is you want to utilize your knowledge.

You want to learn things that are practically usable in the world or skills and understandings that you can communicate to others.

You have a very strong idealistic sense. So there is part of you that wants to make the lives of other people better.

Now that's great. It's great to have ideals but you also have to remember in this life, you have to remember yourself as well.

Incarnation in Germany in the 17th century.

Again we find you in a male body in this incarnation. As I see it, you're in a laboratory with lots of glass vessels and strange looking shapes for distilling things. It's an alchemical laboratory. And it's really interesting because you are on the cusp between chemistry and alchemy. You weren't particularly searching for the Philosopher's Stone. You were engaged in a sort of a form of plant alchemy where you would take plant extracts and make preparations, tinctures for healing. So you were also, not exactly a doctor, but you supplied doctors with medicine.

You wrote a book called *Specula Spagirica* which is, I believe, the Latin for the mirror of chemistry, in which you wrote down, I think in German, even though the title wasn't Latin, the book was in German, you wrote down all sorts of useful recipes and procedures for people.

By the way, when you've got the yellow brown, that's often an indication that you'll have to do lots of writing or technical communication within your life.

And of course, these days, writing isn't done with a quill pen. It's done with computers so I can see you're doing a lot of computer work: entering data, building databases, writing lots of emails to people. It's going to be important for you to develop computer skills in the years to come.

And I might add that, it's very funny actually, because as an alchemist, you were very familiar with the works of Roger Bacon, who was supposed to have a bronze head in his study that gave him answers to any question that he asked.

Now that was probably a myth, but in this stage of evolution, you *will* have a bronze head that gives you answers to any question that you ask. That's called AI.

So, I can imagine that you'll be dealing with and having to come to grips with artificial intelligence and how you can make use of it in the next few years, I think that's going to be a big part of your work.

Incarnation in Egypt.

Here we see you again in a male body.

You are a scribe. You're writing recipes out in the Coptic lettering. And that's quite funny because even though you were actually a male, you used a pseudonym that was a woman's name, Maria, and so that you would publish the recipes and also diagrams of equipment, under the name of Maria. So everyone thought that these did come from a female alchemist, I suppose you'd call them, a craft person.

Again, in this incarnation indicates that you have to do a lot of technical communication and also that you should be good at designing things.

Perhaps designing experiments now, designing pieces of equipment to produce certain results.

The Colour Blue

The blues.

The blues are interesting because they're quite different to the other colours so far.

Blue represents idealism. When you have blue there, it's someone who's got a very strong moral code and someone who has an inner understanding and inner certainty of the reality of spirit.

Blue is or can be quite a religious colour. So, in your case it may mean that you have brought up a strongly religious household, with formal religious practices, church and prayers and services and that sort of thing.

But actually, it's broader than religion.

It indicates that beyond the world that you're focused in at present and rightly so, you *should* be focused on relationships and family and creating a career and home, building a home life, acquiring money, all these sorts of things that they are very significant and you do need to focus on them at the moment - and by the way your income should improve this year – but that's probably going to be a lesser importance to you than the fact that your year is going to be one where you have the opportunity to communicate and perhaps even to travel, but it might be short distance travel, you might be going from one place to another. And then the next year of 2027 we would see you as being able to focus more on the home and settle down into what your soul wants you to work with.

But let's come back to the blues.

Strong sense of spirituality and it's linked with previous lives where you were connected with spirituality in some way or another.

Incarnation in Egypt about 3000 years before Christ.

Here you are a priestess, so in a female body, and I see you sitting on a sort of a stone throne and you have in your right hand an ankh and you have a... a head band on your forehead with a snake, which was an indication that you had undergone initiation in the temples and that you were now able to express your clairvoyance in a way that would assist and uplift other souls.

So that would say to me that today you would have a very strong sense of intuition and also a strong sense of compassion that you feel somehow that it's your task in this life to safeguard and care for other souls.

And I don't just mean by that you have to have a large family.

Now what I mean by that is that you will find yourself in the vocations where more and more it's care for the soul that is preeminent and certainly teaching is a wonderful place to start with that because fewer professions are as in touch with as many souls. And that's where young souls are being formed. They are in their *formative* years after all.

Of course, sometimes that means because these young souls are being 'formed', that you see the best and the worst of what's being formed.

It takes sometimes a great deal of wisdom, which you have from that incarnation because that was a wisdom incarnation, that you have a strong ability to look to the future and take a long term view. And sometimes things that seem to be disastrous, they turn out to be beneficial in the very end.

Incarnation in the 13th century I think.

Here you're in a female body and you are married to someone who was a merchant in cloth, in a place called Toledo which I think is in Spain. You became so bored with that life that you actually left and you dressed yourself in men's clothes and you became a sailor.

That would make a good novel. You managed to live as a man for the next 20 years until you were killed in a battle with pirates.

What a colourful past you've had, Penny. As you were dying, the nuns came and looked after you and you asked for absolution in the last rites and then you had to reveal that you were actually a woman, and when that came out there was a great scandal. But what's interesting about that is that you have a great individuality that not either society nor partners nor institutions or organisations are going to tell you what to do.

Oh, you'll take guidance and you'll try to work within the guidelines and with people. But in the end if it's a choice between the ideal and the standard you'll probably go for the ideal.

Not that you're going to run away in this incarnation, I don't think. But you're certainly capable of at times stepping outside the ordinary and the expected.

Deeper blues from the shoulders and the shoulder colour is to do with your deep spiritual purpose and will come more into being, more into action as you progress through your 30s and into your 40s.

When you've got these deeper blues like this, you can worry a lot. You can obsess, if you like, over how your life is going.

And sometimes you just need to, I guess, take the motto of that old song, "Don't worry, be happy". Just take that quite seriously.

Obviously, the world is not on your shoulders, even though it probably feels as though it is sometimes. Take some time out. Take time, make time to be with yourself.

As you grow older, probably meditation, contemplation or practices like yoga might become part of your life.

You had an incarnation in the 19th century in France, in a convent, you were a nun there.

That was an interesting incarnation because there was a tunnel between the convent and the local monastery and the monks used to slip through the tunnel and have affairs with the nuns.

You had an affair with one of the monks and in doing so you broke your vows because you vowed to be celibate.

So that's the person that you would meet in this incarnation. If you meet them, that would be a tempestuous, emotional relationship.

You think, "Oh my God, this is the love of my life", but it will burn out almost as quickly as it started up. That will mean that your spiritual nature has become harmonised to a greater degree with your physical nature.

Yellow inside the Head

Yellows inside the head, very good thinking ability, clarity, ability to analyse, understand, comprehend, interpret. And as I've indicated already, writing might be a part of your life, especially in years to come.

Incarnation in Tibet.

In a female body in this incarnation, you went into a convent early in your life as a little girl, and then after you'd learned enough, you left, went out and you became a traveling yogini, I suppose you'd call it, a practitioner.

You would write things for people, traveling from village to village. Usually you'd live on the outskirts, especially if you could find a convenient cave, and people would come to you and ask you to write letters for them, which would be taken to other villages, or write petitions to the Lord of the District, or write requests to the spiritual hierarchy, the religious hierarchy, because writing was not a very common ability in Tibet, and so you were very valued for that.

You spent a lot of your time there in meditation, which might mean that you've sort of meditated out a bit in this incarnation, so you don't feel a huge necessity to sit cross-legged and chant mantras or anything like that.

I think meditation comes in our time as part of our daily consciousness. It means that we flip a switch and instead of being completely immersed in the experience, we take time and we watch ourselves being immersed in the experience.

So, meditation is more an opportunity or an ability to step back and look from the outside.

The Colour Orange

The vortex, the orange, that indicates a new and powerful consciousness, or new and powerful spiritual energy entering into consciousness in the next seven years, and that will change the way that you see the world.

Orange is a combination of yellow and red, so it's got the dynamism of red and the clarity of yellow.

And what it really means is that you'll enter a period of thinking and rethinking your life, your purpose, your place in the world, and where you're headed.

The influencing colours, above the head, a light gold, that's a very rare colour.

The influencing colours are not part of your aura, but they represent energies that the spiritual worlds are sending you, lending you if you like, for a while.

Gold is the colour of wisdom and deep understanding.

It's the ability to look beyond everything, to look beyond the stresses and dysfunctions and the upsets and the longings of our everyday life, and understand that there is, beyond all of that, there's a higher purpose.

The greens below the feet indicate change, so probably movement in your home situation, movement in your work situation, particularly over the next three or four years.

The Symbol of the Overself

The symbol of the Overself shows you walking down a broad street through a very large city.

A large city is life. Life is huge. It's immense. It's beyond anything that we can comprehend, and yet there is a street for you, there's a path for you through this life, and I think that this is a wonderful sign that you have found your way.

All you have to do is keep walking forward.

And as you walk forward, the further we go down that path, the more we get to know the city, the more we get to understand life.

You are walking in the right direction because you're walking towards the rising sun.

And I think Penny, in time to come, that you will be valued not just for your knowledge, your expertise, your abilities, but I think you'll be valued for quality that is very rare amongst human beings, and that is wisdom. The ability to look beyond the surface, to look beyond the play of life, Shakespeare would say. To look beyond the world as it

shows, but to look beyond that, and to understand that there are realities which are constant, which don't change, which draw us all towards them to be more noble, higher in spirit, more gracious, more loving.

And to become that light, that would be a great destiny and incarnation.

So shall it be.