

## Color, Breath, and Sound (CBS) Mary “Mo” Wheeler

*Color, Breath, and Sound (CBS)* is a technique co-created with Higher Power and a group of people attending a meeting of the Appalachian Chapter of the American Society of Dowsers in Asheville, NC. This technique *doubles* and balances a person’s biofield. CBS can be used before meditation or prayer, before going to sleep, before a session with a client, or after clearing interference.

**Step 1.** Fill your lungs with a deep breath and tone the *guh* sound in as low a tone as you can until you completely empty your lungs. According to Dr. Barbara Mallory, the low frequencies of *guh* help us to center and ground to the Earth and balances our first chakra. (B. Mallory, personal communication, Sept. 20, 2005)

**Step 2.** Step 2 has two parts but *involves only one breath*:

a) Visualize the color blue while making an *L* sound (as in LMNOP), with your tongue touching the roof of your mouth, just behind your teeth. This is done in about middle range on the scale with your lips slightly parted and the corners back. Do not empty your lungs, but save some breath for the next part. You will be using 90% of the breath on the *L*. Don’t slur into the next sound, but stop the *L* suddenly, and then do part b).

The *tongue on the roof of the mouth* is used in the “Overenergy Correction,” also called “Cook’s Hook Up.” The roof of the mouth is a powerful treatment point because it is the last acupuncture point on the Governing Vessel, the meridian that runs from the coccyx to the roof of the mouth. Governing Vessel not only follows its pathway as a meridian, but is able to jump around to help out other meridians. It is related to our connection to the environment.

b) Visualize a color from the following choices: red, orange, yellow, green, blue, purple, or white, while you make the sound of *mmm*, so that there is tingling around your lips. This should be in a very low tone, and is *the end of the breath in part a*). The tongue drops to its normal position during the *mmm* sound. Some people will use the same color each time they do CBS. Other individuals may vary the color they visualize. The color may be chosen by dowsing, or intuition may guide whatever color comes to mind. According to Dr. Mallory, visualizing colors stimulates occipital lobe activity (imaging) and encourages the Third Eye to open to spontaneous spiritual imaging. The color selected in step b) introduces frequencies most needed by the individual at the time.

You should be aware that your body may need to make some adjustments to this new expanded state. However, adaptations will occur automatically as some of your cells signal others in order to teach them about how to balance the energy within your system. We extend our appreciation to Dr. Mallory and all the individuals who attended this group experience and lent their energies to the task we accomplished.