

Increase Your Effectiveness with Color, Breath, and Sound

Mary “Mo” Wheeler

Color, Breath, and Sound (CBS) is a new technique co-created with Higher Power and a group of people attending a meeting of the Appalachian Chapter of the American Society of Dowsters in Asheville, NC, on September 17, 2005. The co-creating work was led by Mary “Mo” Wheeler, with the assistance of Kate Pittman. Mo was giving a presentation called *Beyond Intuition: Co-creating with Higher Power*, and this part of the session was to be a demonstration of the principles she had talked about. It turned out to be that...and much more! The group co-created a technique that *doubles* and balances a person’s biofield. After the session, Barbara Mallory, Ph.D., a dowser formally from British Columbia and now living in New Mexico, gave Mo some information related to the usefulness of the technique:

As I understand it, CBS expands and balances the individual’s local field and *doubles* its *CLARITY* and *POWER*. Given clarity and power in the field, *INTENT* is multiplied 10 times, thereby increasing effectiveness. It’s like the difference between a fine but natural and uncut diamond and the same diamond, cut and polished, which is then able to refract light with greater precision (clarity) and power. (B. Mallory, personal communication, October 4, 2005.)

CBS can be used before meditation or prayer, before going to sleep, before a session with a client, or after clearing interference.

Mo chose Kate by dowsing from a group of five volunteers who all dowsed positive these two statements: “It is in my highest interest to be the subject for the demonstration,” and “It is in the group’s highest interest for me to be the subject for the demonstration.” When Mo asked Kate what she wanted to work on, Kate dowsed and said we should focus on creating a breathing technique for the benefit of everyone in the group.

Trusting this guidance implicitly, Mo dowsed on her “*Where Do I Start?*” chart for the first step. That led her to the “*ABC Chart*” and the letter “*G*.” Mo knew from previous experience that Higher Power often gives her information regarding sounds through the ABC Chart, so she asked, “Do you want us to make the “*guh*” sound?” *Yes*. Kate said that someone in the audience had information related to the next step, and she dowsed the group to see who it was. The woman said we were to use the color, *blue*. Another participant contributed a concern that was blocking her from paying attention, and that led to our sending healing energy to “everyone (which included animals) affected by the water from Lake Pontchartrain, Louisiana, as a result of hurricane Katrina.” And so it went...

Here’s the technique we co-created (as it was later fine-tuned by Mo).

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 Barbara Mallory, the low frequencies of *guh* help us to center and ground to the Earth. This tone balances our first chakra.

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

a) Visualize the color blue while making an *L* sound, with your tongue touching the roof of your mouth, just behind your teeth. This is not an L as in *letter* or *love* or *loyal*, but L as you say it in the letter *L*. This is done in about middle range on the scale. Your lips will be slightly parted. 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).

Frequencies in the blue range invite healing. In Light Language, a Mayan-Aztec healing modality, *blue* represents communication, re-vitalization, relaxation and flow.

Barbara suggested that the L may facilitate access to “the God module” or “God Spot” in the right temporal lobe, an area of the brain that “may be hard-wired to hear the voice of heaven, according to some brave University of California neuroscientists. (ref: *Where God Lives* by Melvin Morse, MD)” (B. Mallory, personal communication, Sept. 20, 2005)

The *tongue on the roof of the mouth* is used in the “Overenergy Correction,” also called “Cook’s Hook Up.” (This useful technique can be found in *Energy Psychology* (1999), by Fred P. Gallo.) 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. This meridian shares properties with what Donna Eden calls *strange flows* (*Energy Medicine*, 1998) and in later writing refers to as radiant circuits. 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 a tingling around your lips. This should be in a 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 Barbara, 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.

CBS invites our concentrated attention on three things at once: color, breath, and sound. As Barbara noted, any time attention is highly focused in this way, a person is in a light trance state that promotes relaxation and suspension of our critical mind, thus facilitating our openness to co-creating with Higher Power.

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 Kate, Barbara, and all the individuals who attended this group experience and lent their energies to the task we accomplished. We not only demonstrated the use of dowsing as a tool to connect with Higher Power, but we also co-created a *very* useful technique.