

Protecting Self From Inharmonious Colors And Sounds



Mushiba: Colors and sounds surround us ~ and often bombard us! As a person becomes attuned to Self, there is a greater awareness of the need to protect Self from inharmonious colors and sounds. Waith has given a visualization to help us:

Waith: *“The concept of color filtration involves a screening of color from its darkest to its Lightest ~ to its invisibility as a color. When you find yourself with a color that is inharmonious, begin to gradually see this color move on The Spectrum of Color. From that point of magnitude, visualize that it is filtering out to its Lightest point, until it is no longer ~ or, to its darkest point until it is vibrant. Thus, you have presented the illusion to your electromagnetic field that the color is either no longer, even though you are surrounded by this color or, more visible and present in your vibration.*

“When you find yourself with inharmonious sound, filter it on The Spectrum of Sound. Visualize that it goes from that point on the spectrum and move it to its lowest sound so it becomes nonexistent ~ or, move it to its highest sound so it becomes vibrant. Thus, as with color, you have

presented the illusion to your electromagnetic field that the sound is either no longer, even though you are surrounded by this sound or, more visible and present in your vibration.”

These visualizations can help Self find colors and sounds that are inharmonious ~ and also, those that are harmonious ~ for Self. As we increase in our Self Awareness, the effect of colors and sounds on our electromagnetic field may change. Thus, this visualization from Waith is useful as a sort of *Tune Up!* Also, it is good to remember, during these *Tune Ups*, to ***Focus on Lightheartedness and the Spreading of Light!***