

How to Use Your Biosonic Color Glasses

1. Choose your color from the Color Chart. Use your intuition to choose the color based on the qualities you want to enhance. Once you choose your color, put your glasses on. Adjust the temple tips so that the glasses are snug over the back of your ears and the bridge fits comfortably over your nose allowing for effortless viewing.
2. Ideally, go outside to view the sky but if you are inside view a neutral wall, preferably while illuminated by full spectrum light. If this is not possible, view a lighted area without focusing on objects or anything distracting.
3. Viewing the color glasses over your regular glasses or contact lenses will not have the same effect. These lenses decrease the absorption of light. Do not be concerned about what you are seeing and mindfully view the color.

Color Chart

	Blue - Speaking with a clear voice. Expressing yourself clearly so that people understand you. Confidence. Being calm, relaxed, and feeling an overall sense of peace and well-being.
	Green - Sharing, cooperative, being responsible, generous, loving, kind, lighthearted, having an open heart.
	Yellow - Enthusiastic, strong, courageous, determined, being able to stay focused and finish things to completion, the ability to move fast.
	Orange - Enhance your creativity, using your imagination, the ability to be graceful and be in the "flow", increase your coordination in sports, dancing, increase your artistic expression in painting, music, art.
	Red - To increase your Self-Esteem. Red gives you a sense of stability, security, and overall positive feelings of self-worth. Being able to keep good boundaries. Sensible and practical. Slowing down. Having patience. Good common sense.
	Violet - Trust, being able to sit still and be quiet. Developing trust in oneself, one's own inner guidance and intuition. Knowing how to choose what's best for oneself. Developing Trust in one's own Intuition. Purple is good for developing spiritual awareness.
	Indigo - inner contemplation, self-reflection, enhance intuition, incubates dreams and visualizations, increases creativity and imagination, connects us to our unconscious mind, meditation.

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Biosonic Color Glasses™



Biosonic Color Glasses™ are frequency tuned to create a color-sound resonance with Biosonic tuning forks that enhances mind-body coherence through sensory integration. Sensory integration is an important component of health and wellness that leads to greater mental and physical adaptability in all aspects of life. When our senses are organized and working together in a state of coherence, we increase our creativity, enhance our problem-solving skills, and are better able to adapt to stress. Each color is checked against scientifically generated light parameters.

Basic Protocol For All Biosonic Color Glasses™

1. Put on Biosonic ColorGlasses™



2. Give yourself a good suggestion and/or affirmation.
3. Close your eyes and tap C and G (Biosonic Bodytuner™) tuning forks and mindfully listen. The body tuners are the interval of the perfect fifth and represent all the colors of the rainbow. To read more about body tuners go to: <http://biosonics.com/productvideos>



4. Open your eyes and view the color as you mindfully listen to the sound.



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Here are Some Other Ways to Work With Your Color Glasses

Color and Sound Sensory Integration Practice Exercises

1. Tune into and view a color in your environment and hum until you sense your humming sound resonating with the color you are viewing.
2. Tune into and listen to a sound in your environment. Hum with the sound and simultaneously visualize a color that resonates with the sound.

Color Breathing

1. Choose a color to work with based on the Biosonic Color Chart and/or your intuition.
2. Put on your color glasses and as you view the color
3. Mindfully breathe the color in for five seconds.
4. Breathe out for five seconds and hum in resonance with the color.
5. Mindfully breathe in the color for four seconds
6. Breathe out for four seconds and hum the color vibration into an area of your body you have chosen to work with.

Color Affirmations

Blue: I see through my blue lens the cooling calm that comes with peace, and I give space. I see infinite possibilities on the horizon.

Green: I clearly see my way to financial success. I enjoy heartwarming, lighthearted relationships which are harmonious and peaceful.

Yellow: When I and look through my yellow glasses see myself as cheerful and happy. I am focused and ready for anything. I act with purpose and enthusiasm.

Orange: When I look through my orange glasses I can see the beauty in other people , I can see the beauty around me and within me. I can tap into my next creative project. I am in the flow.

Red: When I put on my Red glasses I find security and comfort in building a structure for my life with a solid foundation.

Violet: I look through my violet glasses and I dream, and my dreams connect me to my inner wisdom. I have hope and inspiration for the future as I look through my Violet glasses and learn how to be still and really listen.

Indigo: I look through my indigo glasses and reconnect with my intuition and trust in the purpose of my lifepath.

To find out more about our Biosonic Color Glasses and how they work go to:

<https://biosonics.com/biosonic-color-glasses/>