



3. Exhale

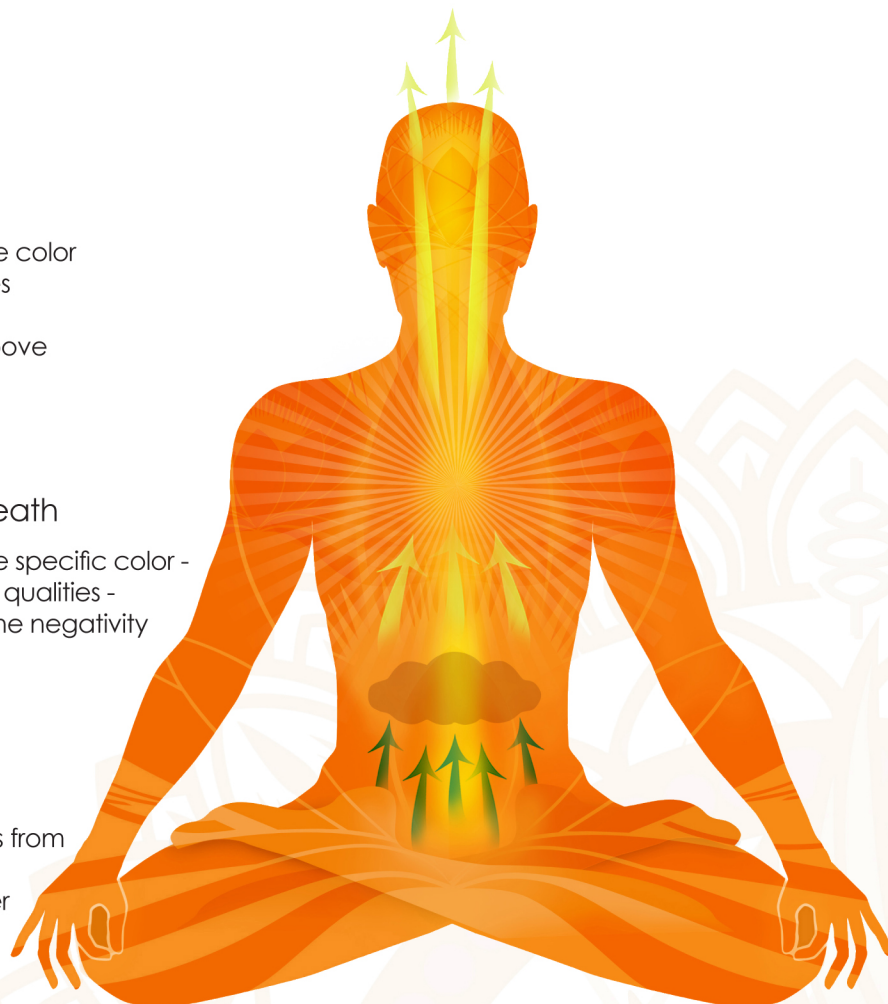
Experience the color
and its qualities
established at
crown and above

2. Retain Breath

Experience the specific color -
and its unique qualities -
transforming the negativity

1. Inhale

Negativity rises from
navel center
to heart center



Negative Emotion	Color	Transformed Emotion
distraction, restlessness, confusion, lack of clear perception	Violet	stillness, clarity, right knowledge, clear perception
destructive habits, wrong action, disconnected from Truth	Gold	inspiration, movement, right action, alignment with higher self
laziness, lack of will, indifference	Dark Fiery Red	concentration, will power, potency <i>sankalpa shakti</i>
hate, rage, anger, frustration	Blue	love, purity, ease, peace
sickness, disease (mental or physical), dis-integration	Rose	health, wholeness, healing, oneness