

Color Chord My World

10 Chord Progressions For Learning and
Relaxation

Guitar Course by Matt Logan
Music Therapy Source

Hello!

Congrats on picking up Color Chord My World. This brief but rich course gives you dozens of chords you can use inside of seemingly basic chord progressions. Play through each of these chords first, then practice them in the chord progression. Practice by strumming, then by applying a finger-picking pattern if you can.

With this purchase you should also have access to a video. In the video, you can hear examples of all these being played with the chord progression displayed on screen.

Try to get really comfortable with at least one of these progressions per day. Look at the recommended fingerings and work on making your movements as efficient as possible. No extraneous movement if you can help it!

These progressions are designed to teach color chords in several keys, but you may notice that they are quite harmonically pleasing and would be well-suited for clinical relaxation interventions. Steal them! Use them!

Enjoy! And direct any questions to matt@musictherapysource.com.

Diagram illustrating guitar chord fingerings for the following chords:

- G
- Gsus
- Cmaj7
- Am7
- D7sus
- D7
- Em9
- Em7
- Cadd9
- Dsus

Handwritten blue numbers below the diagrams indicate fingerings: 3 2, 4, 2 1 3, 2 3 4, 2 1 4, 3 2 4, 2 1 4, 3 2 4, 1 3 4.

Chord progressions shown on two staves:

Staff 1: G Gsus G G | Cmaj7 | Am7 | D7sus D7

Staff 2: Em9 Em7 | Cadd9 | Dsus | G Gsus D7sus D7

Em7

Dadd9

Am

Aadd9

G

Gadd9

Em9

Dsus

D

Fingerings: 2 3 4, 2 4, 2 3 1, 2 3, 2 3, 2 4, 1 3 4, 1 3 2, 2 3 4

Em7	Dadd9	Am Aadd9 G Gadd9	Dadd9
Em9	Dsus	Am Aadd9 G Gadd9	D

Am7 (2 14)

Gsus (3 2 4)

G (2 3 1)

Fmaj7 (2 3)

C (2 3 1)

G6 (3 2 4)

Dm (2 3 1)

Dadd9 (2 3)

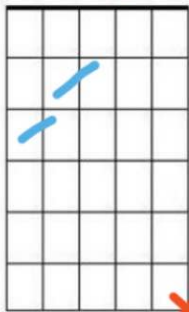
Am (2 3 1)

Aadd9 (2 3)

Am7 | G Gsus G | Fmaj7 | G Gsus G :

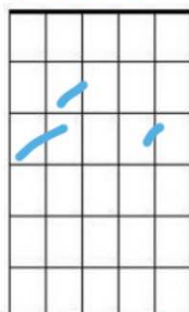
C | G | Dm Dadd9 Am Aadd9 | G Gsus G .:

✓ Cmaj7



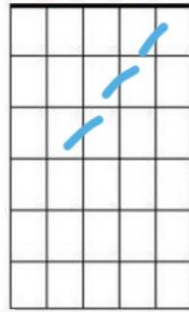
3 2

✓ Cadd9

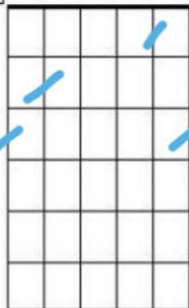


3 2 4

✓ Fmaj7

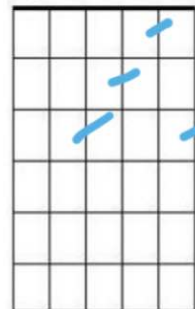


Gsus



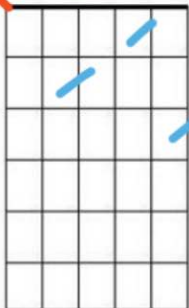
2 2 1 4

✓ Fadd9



3 2 1 4

Am7



2 1 3

6/8 Cmaj7 | Cadd9 | Fmaj7 | Fadd9

6/8 Am7 | Gsus | Fadd9 | Fmaj7

~~D~~ Dmaj7
 Em9
 Em
 Gmaj7
~~A~~ A6
 A
 Bm11
~~A~~ Aadd9
 G6
~~A~~ Asus

1 1 1
 2 3 4
 2 3 4
 2 3
 2 3
 2 3 4
 2 3
 2 3 4
 2 3 4
 2 3 4

Dmaj7	Em9 Em	Gmaj7	A6 A
Bm11	Aadd9	G6	Asus A

Amaj7: 2 1 3

F#m11: 2 3 4

Bm11: 2 3 4

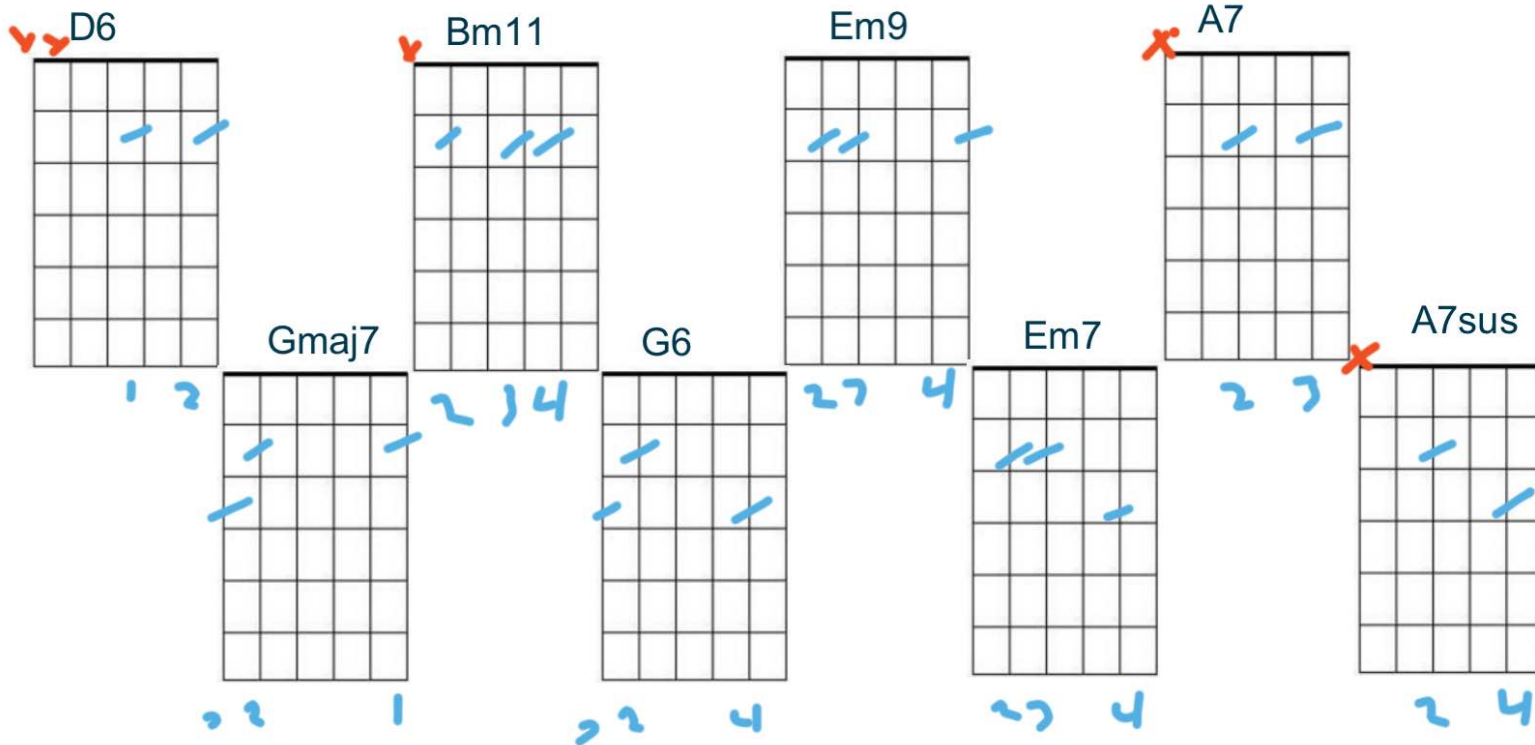
Dadd9: 2 4

Aadd9: 2 3

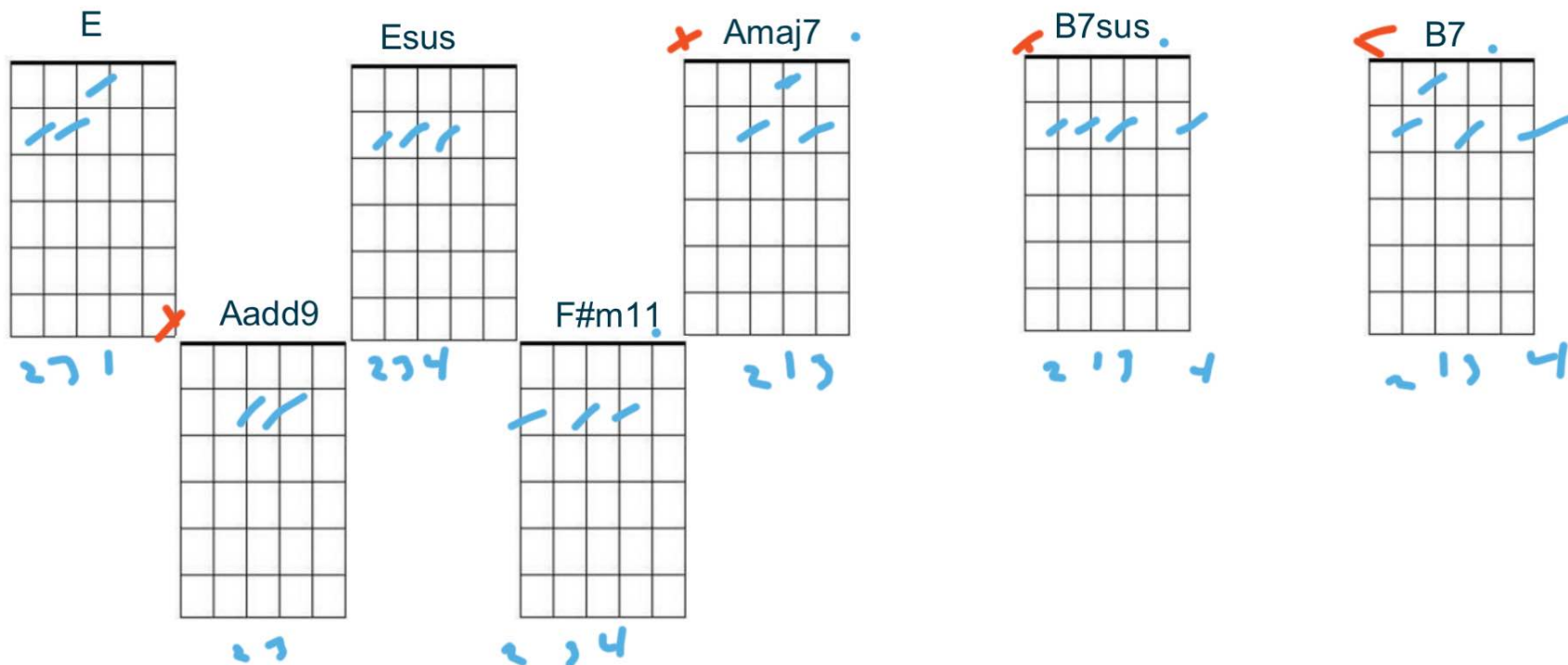
E7sus: 2 3 1

E7: 2 1

Amaj7	F#m11	Bm11	E7sus E7
F#m11	Dadd9	Aadd9	E7sus E7



D6	Bm11	Em9	A7
D6	Gmaj7 G6	Em7	A7sus A



E Esus E	Amaj7	B7sus B7	E Esus B7
E Esus E	Aadd9	F#m11	B7sus B7

Diagram illustrating guitar chord fingerings and techniques:

- Em7**: Fingering 1 2 3 4
- Cadd9**: Fingering 2 1 3 4
- G**: Fingering 2 1 3 4
- Dsus**: Fingering 1 3 4
- D**: Fingering 1 3 2
- Em7**: Fingering 2 3 4
- Cadd9**: Fingering 2 1 4
- G6**: Fingering 2 1 4
- Dadd9**: Fingering 2 4

Two musical staves showing chord progressions:

Staff 1: Em7 | Cadd9 | G | Dsus D

Staff 2: Em7 | Cadd9 | G6 | Dadd9

Diagram illustrating guitar chord shapes and fingerings:

- Cadd9**: Correct fingering: 3, 2, 4, 1.
- G6/B**: Correct fingering: 2, 4.
- Am7**: Correct fingering: 2, 1, 4.
- G**: Correct fingering: 3, 2, 4.
- Gsus**: Correct fingering: 3, 2, 1, 4.

Incorrect fingerings (marked with red 'X') are shown for Cadd9, G6/B, and Am7.

Two staves of music notation showing the sequence of chords:

Staff 1: Cadd9 | G6/B | Am7 | G Gsus G

Staff 2: Cadd9 | G6/B | Am7 | G Gsus G