

Rainbow Guided Meditation - Exercise 6

Start off lying flat on your back or sitting comfortably in a chair. Take three deep breaths, in through your nose... and out through your mouth.

Close your eyes, or find just one place to look at.

I want you to imagine in your head that you're floating on a cloud. Imagine how nice, warm, and fluffy the cloud feels on your body.

Imagine that cloud taking you up, up, up in the sky until you find a rainbow. You feel safe and warm on that cloud.

Then, the rainbow slowly floats around you.

As each colour travels over your body, your muscles feel nice and warm and relaxed.

First imagine that red colour...

...traveling over your head, your neck, your shoulders, and down your arms. That red travels into your heart, and your belly, your legs, all the way down to your toes, making your whole body feel relaxed. Take a big breath in... and a big breath out. Feel that nice, warm red relaxing all of your muscles.

Next, imagine that orange colour...

...traveling over your head, your neck, your shoulders, and down your arms. That red travels into your heart, and your belly, your legs, all the way down to your toes, making your whole body feel relaxed. Take a big breath in... and a big breath out. Feel that nice, warm orange relaxing all of your muscles.

Then, imagine that yellow colour...

...traveling over your head, your neck, your shoulders, and down your arms. That red travels into your heart, and your belly, your legs, all the way down to your toes, making your whole body feel relaxed. Take a big breath in... and a big breath out. Feel that nice, warm yellow relaxing all of your muscles.

(Repeat above for green, blue, indigo, and purple)

And as that last colour travels through your body, the cloud gently floats you all the way down, back to where you are comfortably sitting or lying. Remember that you can float back to this rainbow anytime you need to.

Go ahead and slowly wiggle your toes, wiggle your fingers. Take a big breath in through your nose, and out through your mouth. Slowly, when you're ready, you can open your eyes and sit all the way back up.