



## RAINBOW MEDITATION

Bringing yourself through a Rainbow Meditation is a great way to center yourself and find peace in your day. Follow these easy steps to get started:

1. First, get comfortable then close your eyes and relax. Take a deep breath in through your nose, then breathe out slowly through your mouth. Take a few breaths like this then allow yourself to breathe normally and relax.
2. Imagine a big, beautiful rainbow in front of you. Try and focus on seeing all of its colors, feeling them if you can.
3. Imagine the color Red is glowing brighter than the rest and surrounding you. Breathe it in and think to yourself: I am safe. Say to yourself: I feel safe.
4. Now, imagine the color Orange is glowing brighter and surrounding you. Breathe it in and think to yourself: I feel my feelings stirring within my body. Say to yourself: I feel peaceful.
5. Next, imagine the color Yellow is glowing and surrounding you. Breathe it in and think to yourself: I am powerful. Say to yourself: I feel confident.
6. Now, imagine the color Green is glowing brighter and surrounding you. Breathe it in and think to yourself: My family and friends love me, and I love them. Say to yourself: I feel loved.
7. Next, imagine the color Light Blue is glowing brighter and surrounding you. Breathe it in and think to yourself: People listen to me when I talk and I am a good listener. Say to yourself: I feel heard.
8. Now, imagine the color Dark Blue is getting brighter and surrounding you. Breathe it in and think to yourself: I have a great imagination. Say to yourself: I see great things happening for me.
9. Next, imagine the color Purple is getting brighter and surrounding you. Breathe in purple and think to yourself: I am wise. Say to yourself: I am smart.
10. Take one last look at your big, bright, beautiful rainbow and notice if you see anything, feel anything, hear anything, or notice anything else. Pause for a moment to focus.
11. Take a deep breath and wiggle your toes.
12. Take a deep breath and wiggle your fingers.
13. Take a deep breath and open your eyes when you are ready.