

# Guided Relaxation

## "Inner Rainbow"

Gently close your eyes, and take in a nice, deep breath. Feel the cool air enter your nose and flow all the way down to your belly.

Exhale slowly. Imagine breathing in peace and calm, and exhaling out tension and stress. Focus on your in-breath and your out-breath.

With your eyes closed, let's imagine the swirling energy centers in our body now, one by one as I lead you.

At the base of your spine is the first energy center. It is red in color. This center spins brightly when you feel safe and secure and when we release our fears. So, breathe in a soft red mist now, and breathe out any fears. Say aloud or to yourself, "I am safe. I am secure." Imagine this center spinning a warm, comforting red and flowing freely.

Your second energy center is orange and located right below your belly button. It spins brightly when you feel happy, friendly, and creative. It also likes when you release guilt and blame. Breathe in soft orange and let it fill your entire body. Focus right below your belly button and imagine the swirly bright orange color spinning around and around. Breathe in happiness, playfulness, and creativity.

Now we have the beautiful yellow energy center right above your tummy. This yellow energy shines brightly with strength, confidence, bravery, and motivation. Breathe all those things in on a warm yellow ray of sunshine.

In our heart area now, we have the green energy center of love. Release any sadness in your heart, and inhale the healing green mist, which carries love, kindness, forgiveness, and gratitude. These brighten up our heart center.

Next is the beautiful blue energy center that rests in the throat area. It flows when we speak truth and when we are courageous. So, imagine breathing deeply in a beautiful blue brave mist. It travels to your throat area and grows bigger and bigger as you say to yourself, "I can express myself and say what I think and feel easily."

In the middle of your forehead is the indigo colored energy center of mindfulness and intuition. Imagine breathing in the indigo colored-mist and watch as it creates a whirlwind of swirling color all around you. This energy center shines brightly when we connect with and acknowledge our inner knowing.

Finally, your crown energy center, like a beautiful violet flower opening up at the top of your head, shines its radiant energy. We let go of attachments to free this energy to be its best. We let imagination, and the magic of knowing we are part of the big wide world lead the way.

All of these centers are part of who we are even if we cannot see them with our eyes. You've done a great job today, and remember to keep your centers clear with your rainbow breathing and focusing on the good things that each one represents.

