

Rainbow Guided Meditation

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Walkthrough:

Start off lying flat on your back. Gently close your eyes.

Take three deep breaths, in through your nose... and out through your mouth. Two more, in... and out. Last one, slowly in... and out.

I want you to imagine in your head that you're floating on a cloud. Imagine how nice, warm, and fluffy the cloud feels supporting 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. Imagine that rainbow slowly floating around you, and as each color travels over your body, your muscles feel nice and warm and relaxed.

Red

First, imagine that red color floating in front of you, and then traveling over your head, your neck, your shoulders, and down your arms, letting all of those muscles feel warm and relaxed.

That red travels into your heart, warming it up, and then down to your belly, the fronts of your legs, the backs of your legs, all the way down to your toes. Take a big breath in... and a big breath out. Feel that nice, warm red relaxing all of your muscles.

Orange

Next, imagine that orange color, traveling over your head, your neck, your shoulders, and down your arms. That orange 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.

Printable Guided Imagery

Jana Short



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