

# RAINBOW MEDITATION SCRIPT

- Get comfortable. Close your eyes and relax.
  - Take a deep breath in through your nose, and breathe it out slowly through your mouth.
  - Now just breathe normally and relax.
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- Imagine a big, beautiful rainbow in front of you. See all of its colors. Feel the colors.
  - Imagine the color red is glowing brighter than the rest, and there is red all around you.
    - Breathe in the color red. Think to yourself: I am safe. Say to yourself: I feel safe.
  - Now, imagine the color orange is glowing brighter, and orange is all around you.
    - Breathe in orange. Think to yourself: I feel my feelings stirring in my body. Say to yourself: I feel peaceful.
  - Next, imagine the color yellow is glowing and is all around you.
    - Breathe in yellow. Think to yourself: I am powerful. Say to yourself: I feel confident.
  - Now, imagine the color green is glowing brighter, and there is green all around you.
    - Breathe in the color green. Think to yourself: My family and friends love me, and I love them. Say to yourself: I feel loved.
  - Imagine the color light blue is getting brighter, and light blue is all around you.
    - Breathe in the glowing light blue. Think to yourself: People listen when I talk, and I am a good listener. Say to yourself: I feel heard.
  - Now imagine the color dark blue also called indigo is getting brighter, and indigo is all around you.
    - Breathe in indigo. Think to yourself: I have a great imagination. Say to yourself: I see great things happening for me.
  - Now, imagine the color purple is getting brighter, and the color purple is all around you.
    - Breathe in purple. Think to yourself: I am wise. Say to yourself: I am smart.
  - Take one last look at your big, bright, beautiful rainbow, and notice if you see anything (pause), feel anything (pause), hear anything (pause), or notice anything else (pause).
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- Now take a deep breath, and wiggle your toes.
- Take another deep breath, and wiggle your fingers.
- Take one last deep breath, and open your eyes when you are ready.