

# 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.

# RAINBOW MEDITATION DISCUSSION QUESTIONS

Use these questions as inspiration to start a discussion about the meditation experience. You don't have to use all of them, pick and choose or use your own.

1. What did you first notice about your rainbow?
2. What did it look like? Did it look the same or different than rainbows you see in the sky? How so?
3. Did your rainbow give you a certain feeling inside? What was the feeling?
4. Which color did you notice the most and why?
5. Which color felt the best when it was all around you?
6. Was there a color you couldn't see or feel around you?
7. Is there a color that didn't feel good or a color you didn't like? Do you know why?
8. How do you feel now after breathing the rainbow? Do you feel different than before you started? How?

# MY BREATHING RAINBOW

Place your fingertip on the red color near one of the clouds. As you take a long, slow, deep breath in through your nose, trace the color red up to the top of the rainbow. When your finger reaches the top, start to breathe out slowly through your mouth as you trace the color red down the other side. Repeat for the rest of the colors. You can use My Breathing Rainbow along with the Rainbow Meditation or use it all on its own.

