

## Rainbow Relaxation

And now it is time to relax. Just let your eyelids gently close, don't force them shut. Just allow them to gently meet. In just a few moments you will enter one of the most relaxed states you have known. All tension will disappear, all stress will be gone and all fear set aside.

Now feel yourself relaxing deeper and even deeper. With each and every breath that you take, tension and fear are drifting away; confidence is filling every cell and every muscle.

Each time you practice relaxation, you will find yourself going immediately into relaxation. Each time you will be able to achieve this wonderful state in a shorter amount of time. Each time you will be able to go deeper and deeper into ultimate relaxation.

To help you achieve even deeper relaxation, I would like you now to picture yourself on a bed of mist. A soft, strawberry-red mist that gently envelopes your entire lower torso, taking away all tension, all stress, all fear – bathing you in a soft gentle relaxation.

Breathe in the red mist. Let the red mist drift throughout your body, drawing away all tension and doubts, leaving you in a soft, comfortable relaxation. Let the red mist sink into the very depths of the centre of your mind and throughout all your muscles.

Let the red mist focus around the spine. The spine vibrates in harmony with red and the entire area of the lower back and spine drifts into total relaxation. Feel the red mist cleansing out all tension and stress.

Feel the red, cleansing out anxiety, leaving you in deep, comfortable relaxation. Your body begins to feel more and more relaxed and light that it hardly seems to be there at all.

Feel the red mist like a magnet absorbing the tension from your body. Let the red penetrate your body and give you peace and comfort.

You are in tune with nature and all of nature is in tune with red. Breathe in the red mist and now picture a red bird gently gliding, around you, wrapping your body in a soft red blanket of relaxation.

And now, in your mind's eye see yourself on a mist of soft, almost peach like orange. You are in harmony with orange, and your abdomen relaxes because your abdomen vibrates to the colour of orange. Draw the orange mist of relaxation into your body and feel it, like sponge, absorbing and releasing all tension, bathing you in a soft mist of peace, relaxation and comfort.

Feel the tension being absorbed into the mist from all parts of your body. Let the orange penetrate your body and give you peace and comfort. Feel the freedom from fear and tension. Feel yourself relaxing more and more as the orange mist flows in and around all the parts of your abdomen.

And picture now an orange bird gently gliding and gently swooping down, carrying the mist over and around and through your body. Body totally at ease and totally relaxed.

And now allow your mind's eye to see yourself on a yellow mist, the colour of soft lemon. You are in harmony with the colour yellow, and the middle portion of your body is relaxing more and more because the middle portion of your body vibrates to the colour yellow.

Breathe in the soft yellow mist of natural relaxation with each slow breath that you take. Let it flow. Let it drift throughout your body. Your body is at peace as the yellow mist envelopes and soothes your body. Your body works in harmony with nature.



All of nature is in tune with yellow, and you are in tune with nature. And now see your yellow bird wrapping the mist of endorphins around your body with a blanket of gentle soothing peace. Breathe in the yellow mist as it bathes you in a sea of peace, absorbing all anxiety, absorbing all tension.

Now in your mind's eye picture yourself on a green mist, a soft, green colour of lime. And as you breathe in the soft green mist of relaxation, the entire area of your chest and your heart begins to relax, because your chest and your heart vibrate to the colour of green, you feel even more peace and relaxation.

Allow yourself to feel the relaxation drifting all around your body. Your body is at peace as the green penetrates and soothes your body. Feel the tension being absorbed.

All of nature is in harmony with green, and you are in harmony with nature. Breathe in the mist of green and feel your body become even more limp, feeling safe and comfortable. Feel the green cleanse out all of the tension and all the doubts, allowing your body to work in perfect harmony with nature as it was intended to do.

And now picture a soft, green bird gliding over and around you, laying a soft shawl of green relaxation over your body. You are free of all tension, putting aside all stress, whole body relaxed.

Picture yourself now on a mist of blue – a beautiful grayish blue, a colour of a blueberry, and let your throat and neck relax. The throat and neck vibrate to the colour of blue. Breathe in the blue air and feel it drifting and floating throughout your body.

Feel the gentle blue mist drawing out and absorbing all tension from every muscle in your body. Your body is at peace as the blue mist envelopes and soothes it. Tension is being absorbed in this part and every part of your body. Let the blue mist penetrate and give you peace.

Feel all tension melt away as the blue mist fills every cell and every muscle. And now picture a blue bird, a gentle blue bird gliding, swooping down gently encasing your body with a blanket of blue mist, bathing you in the sea of total relaxation.

And now picture yourself on a mist of violet and rose a very soft combination that creates a mauve hue-the soft colour of the rose. Let that colour, that very soft purple and rose, penetrate your body taking away all of the tension.

Allow yourself to go deeper and deeper into relaxation. Draw the purple into your body and feel that beautiful colour bringing you serenity and peace. Allow yourself to feel safe and comfortable on this beautiful soft purple mist. Let the violet mist penetrate your body and give you peace.

Breathe in the violet mist of relaxation. Feel the violet mist pulsating throughout every part of your body. Feel the freedom and assurance, feel your muscles and your mind working in harmony as nature intended. Feel yourself totally relaxed.

And now in your mind's eye picture a combination of all the colours of the rainbow. Surrounding you with the most beautiful white light, purifying and cleansing away all tension.

And now it's time to return to a state of alertness, feeling fully energized. I will count from 1 up to 5, and as I do, you will become more alert, more mindful of the things around you, feeling very refreshed and very good about what you are doing. 1, 2, feel the energy slowly beginning to come back into your body now. 3, arms beginning to move, fingers beginning to move a little. 4, feet and legs beginning to feel the energy flowing back into them. 5, wide awake feeling very alert, very refreshed looking forward to the day ahead.

