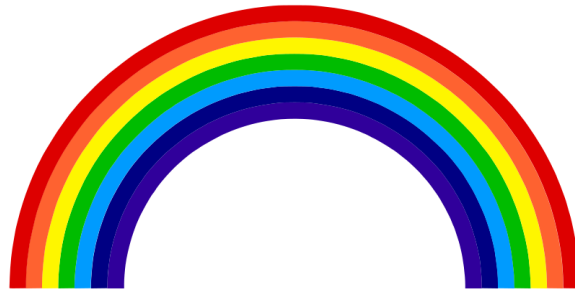


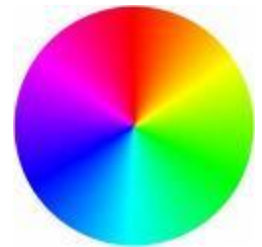
Colour Meditation



- Pick a focus word or short phrase that's firmly rooted in your personal belief system.
 - A non-religious person might choose a neutral word like one, peace, or love.
 - Others might use the opening words of a favourite prayer from their religion.Or you might choose to focus on a colour, or a positive affirmation.
 - See below for example of colours.
 - Examples of positive affirmations include: I am glad to be alive, I am in control of my life, I have personal power, I am the best I can be, I am centered and well-balanced, I accept myself for who I am and I like myself.
- Close your eyes, and focus your attention on your breathing, gentle and slow breaths.
- Some people find it helpful to relax your muscles progressively throughout your body, from head to feet. Starting with your forehead, become aware of tension as you breathe in. Let go of any obvious tension as you breathe out. Go through the rest of your body in this way, proceeding down through your eyes, jaws, neck, shoulders, arms, hands, chest, upper back, middle back and midriff, lower back, belly, pelvis, buttocks, thighs, calves, and feet.
- Breathe slowly and naturally, repeating your focus word or phrase silently as you exhale.
- Assume a passive attitude. Don't worry about how well you are or aren't doing. When other thoughts come to mind, just notice them, and gently return to your breathing and your word or phrase.

Colour

Bring into your mind a time when you were really happy or well. Re-live how you felt. Now bring a colour to mind. Breathe in the colour, visualising it entering and spreading throughout your body. If any part of your body needs treatment with that particular colour, imagine the colour penetrating that part of your body.



- breathe in **red** for energy and vitality, strength and will-power.
- breathe in **orange** for joy, happiness and fun.
- breathe in **yellow** to increase your objectivity and intellectual abilities.
- breathe in **green** to cleanse, feel more balanced and to combat tumours.
- breathe in **turquoise** to boost the immune system, reduce inflammation.
- breathe in **blue** for relaxation, creativity, peace and good sleep.
- breathe in **violet** for self-respect, spirituality, dignity and beauty.
- breathe in **magenta** to let go of obsessional thoughts, images, memories.