



Rainbow Meditation <http://www.astralsite.com/Garden/seliagarden.html>

Start with the colour **red** and visualize a flower that is red. Let that colour expand and fill your body. Let your physical being radiate the colour red as you find peace within your body. Let all tensions go - from the top of your head to the bottom of your feet. Let the relaxation flow with the colour red throughout your body. Imagine red is the colour of courage. Reflect upon how you practice the virtue of courage in your life. If you feel that you need more courage, how will you get it?

Next is the colour **orange**...visualize a flower that is orange. Let that colour expand and fill your body. Radiate the colour orange as you find peace within your emotions. Let the colour orange quiet your feelings and desires. What do you need to claim as your deepest feelings and desires?

Now visualize a flower that is **yellow**. Let yellow expand and fill your body. Radiate the colour yellow as you find peace within your mind. Let the clarity of the colour yellow bring you stillness. In your moments of stillness, what insights and clarity do you come to regarding your life?

Now visualize a plant that is **green**. Let green expand and fill your body. Radiate the colour green as you find peace. The colour green relaxes you and brings you a sense of harmony. Think about your attempts to achieve balance and harmony in your life. What spiritual practices have you found to be helpful?

Visualize a **blue** flower. Let the blue colour expand and fill you with a calm and serene feeling. Blue is loving kindness flowing freely around and within you. Where do you experience loving kindness in your life? What calms you down and brings you serenity?

Visualize a **purple** flower and continue to feel the peace fill your senses. Purple brings you to your aspirations. With the colour purple you are seeking the truth about yourself and your highest purpose. What experiences are you having that lead you to the truth about yourself? What truths are you seeking?

Visualize a **violet** flower and experience a feeling of being perfectly centered. Rest in this peaceful perfection for a moment and enjoy the stillness. Who or what brings you to your centre?

To return, come back slowly, moving up through the colours, moving easily back to the colour red. When you have returned you will have the sensation of being enriched, energized and more in harmony with yourself.