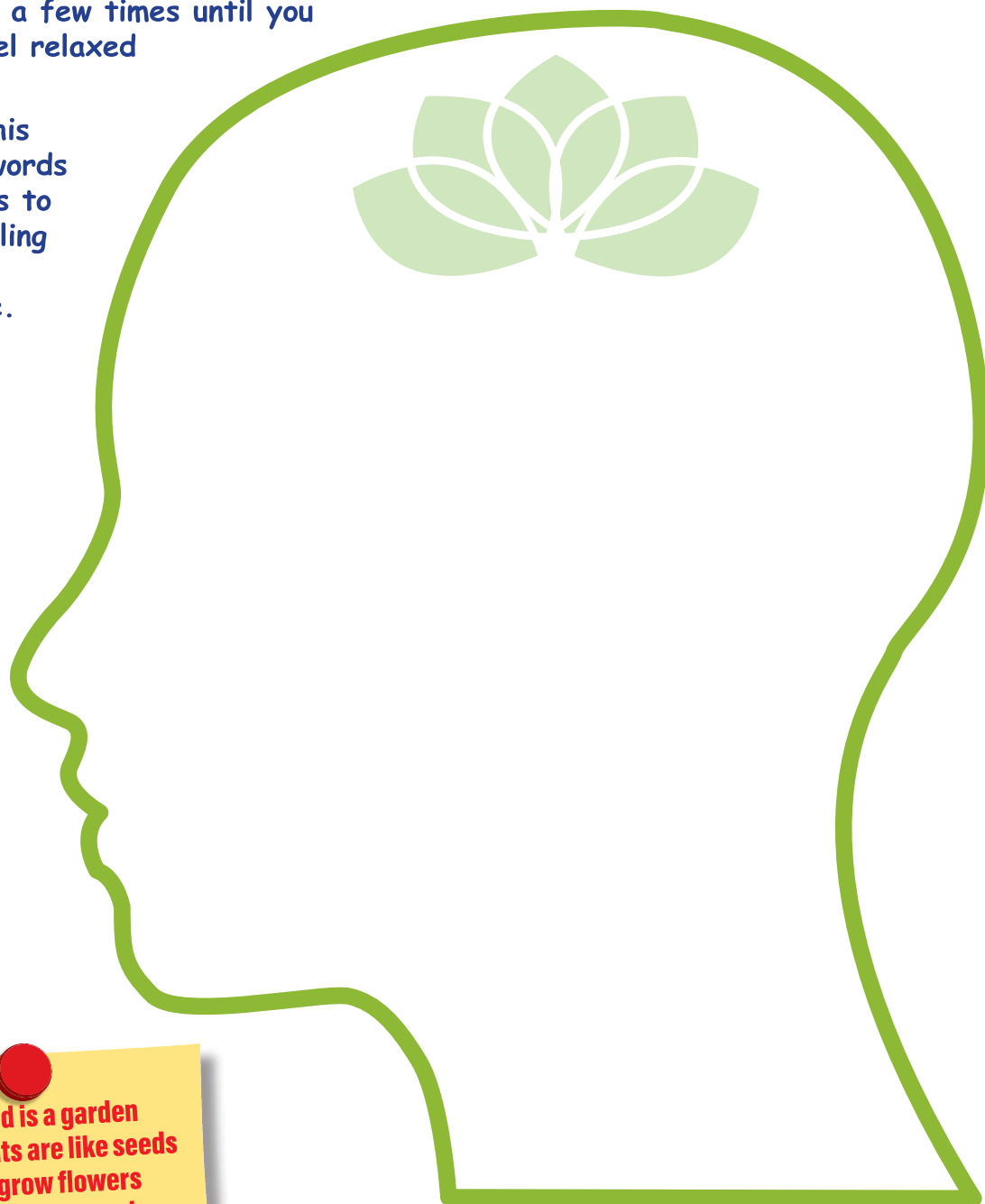


RELAX WITH RAINBOW BREATHING

We can help our bodies and minds to feel calm and relaxed by doing Rainbow Breathing any time we need to! Try it now. You might like to relax by lying on the floor, but you can do it sitting or standing either. Close your eyes. Now breathe in deeply and imagine lots of beautiful red light surrounding you, filling up your lungs and going right down into your toes. Now breathe out slowly and send this beautiful bright red light from your lungs, letting it take all of your worries away with it. Do the same with each of the other colours of the rainbow - orange, yellow, green, blue, indigo and violet. Imagine your body becoming soft, warm and relaxed as you do this. Repeat this a few times until you start to feel relaxed and calm.



Decorate this head with words and pictures to do with feeling relaxed and positive.



**Your mind is a garden
Your thoughts are like seeds
You can grow flowers
Or You can grow weeds.
— Osho**