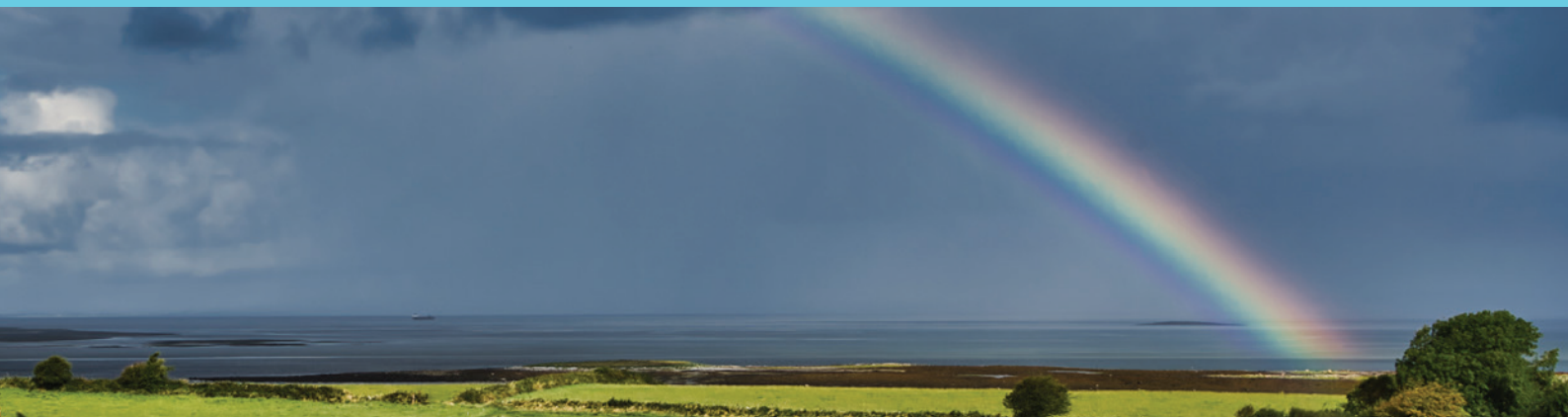


The End of the Rainbow



As we come in to this space, I invite you to find a space on the floor [if possible have a cushion] and make yourself as comfortable as possible. I invite you to slowly move to lying down on the floor....I invite you to close your eyes now too. If you are not comfortable with closing your eyes look up at the ceiling and focus on one point for the next little while. If you are sitting, focus on something ahead of you.

I invite you now to focus on your breath, and just notice for the next minute or so how your breath is...is it deep, shallow, fast, or slow?. As you breathe....do so in through the nose and out through the nose, in for a count of one, two, and out on three and four. Focus on the belly/ abdomen as it rises and falls while you breathe, and allow yourself to be in a complete focus on the breath.

As you breathe in and out, imagine that it is raining outside...what can you hear? ...the rain on the window, the sound of the rain falling.... You can also see the sun is shining at the same time. What can you see? Look around and see....oh a rainbow...a beautiful rainbow...look at the colours...name them out loud to yourself.....red, orange, yellow, green, blue, indigo and violet...oh the colours are so rich and stunning....the rainbow looks like it is over my friends house...and the other end near my own house... it looks so lovely.

Now I want you to take each colour one at a time, and to think of something very special to you that is that same colour.....continue to breathe in through your nose...one two...and out through your nose....three four... Think of the first colour...the beautiful *Red* colour...what does it remind you of...your favourite football team shirt colour...tomato ketchup; chilli sauce....think about what comes to mind and focus on that object...how do you feel when you think about the item in your mind?...come back to the breath again...

Now bring your focus back to the rainbow and the second colour...*Orange*....what comes to mind as your favourite thing that is orange...an orange to eat, a clementine, the look of the sun going down after a hot sunny day...an orange ice lolly....a football....a pumpkin at Halloween... again, breathe in one two out three four and focus on that

object...Now come to *Yellow*....what things are you thinking about in your life that are yellow that you love?...a banana, the float at the swimming pool, a daffodil flower or bunch of roses..... and once again breathing through your nose, as each object and colour of the rainbow come together.

We move on to the fourth colour now as you scan your rainbow.....oh wow, its *Green*...the grass, mountains, leaves, parkland, fields, your favourite shirt, blouse, top, or coat....now *Blue*....the sky.. the sea... the look inside a glass... your favourite book...think of all the things you know and love that are blue...your favourite team colours.... Again come back to your breath....allow yourself to breathe and just focus on the colour...the next being *Indigo*...that purple/ blue colour...may be like the colour of a plum or the juice in a blackberry and apple pie....that deep intense colour. And finally, we come to *Violet*...that beautiful pink colour we see at the end of the rainbow....the colour we might see in marla or a wheelie bin.

We have reached the end of the rainbow now, and the sun has come out once again. What do you see?Oh, the rainbow has disappeared again but there is beautiful sunshine. Notice what you feel now that the rainbow has disappeared. ...are you happy to see it go and the sun shining again without the rain? Thinking back to the rainbow....how did you feel then...allow that feeling to wash over you and to remind you that this is a place you can come back to again and again, especially when you feel the need to take time to relax your heart and mind.

Come back to your breath now and bring your focus back to your surroundings. Think about the room you are in now and the colour of the room. Keep that colour in your mind as you reawaken your body. Rub your hands together for a minute or so and then place your hands over your eyes. Slowly open your eyes and allow them to focus now.

Turn to your right side (if lying) and slowly get up from your place of rest.

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