

RAINBOW MEDITATION SCRIPT

- Get comfortable. Close your eyes and relax.
 - Take a deep breath in through your nose, and breathe it out slowly through your mouth.
 - Now just breathe normally and relax.
-
- Imagine a big, beautiful rainbow in front of you. See all of its colors. Feel the colors.
 - Imagine the color red is glowing brighter than the rest, and there is red all around you.
 - Breathe in the color red. Think to yourself: I am safe. Say to yourself: I feel safe.
 - Now, imagine the color orange is glowing brighter, and orange is all around you.
 - Breathe in orange. Think to yourself: I feel my feelings stirring in my body. Say to yourself: I feel peaceful.
 - Next, imagine the color yellow is glowing and is all around you.
 - Breathe in yellow. Think to yourself: I am powerful. Say to yourself: I feel confident.
 - Now, imagine the color green is glowing brighter, and there is green all around you.
 - Breathe in the color green. Think to yourself: My family and friends love me, and I love them. Say to yourself: I feel loved.
 - Imagine the color light blue is getting brighter, and light blue is all around you.
 - Breathe in the glowing light blue. Think to yourself: People listen when I talk, and I am a good listener. Say to yourself: I feel heard.
 - Now imagine the color dark blue also called indigo is getting brighter, and indigo is all around you.
 - Breathe in indigo. Think to yourself: I have a great imagination. Say to yourself: I see great things happening for me.
 - Now, imagine the color purple is getting brighter, and the color purple is all around you.
 - Breathe in purple. Think to yourself: I am wise. Say to yourself: I am smart.
 - Take one last look at your big, bright, beautiful rainbow, and notice if you see anything (pause), feel anything (pause), hear anything (pause), or notice anything else (pause).
-
- Now take a deep breath, and wiggle your toes.
 - Take another deep breath, and wiggle your fingers.
 - Take one last deep breath, and open your eyes when you are ready.

Rainbow Of Light Color Meditation

Nathaniel Altman



Rainbow Of Light Color Meditation:

Rainbow of Light Luella Harris, 1980 Color Meditation Kees Veenman, 2024-04-23 Is there also such a thing as the essence of color For me the essence is the spiritual aspect that lives in color Making this spiritual aspect accessible is the purpose of this book Kees Veenman We are all familiar with the world of color but can we learn to experience color more intensely Can we learn to penetrate colors in a more profound way This book takes the reader into the activity of the colors of the spectrum by investigating them meditatively The author explains aspects of color phenomenology and prepares the reader for color meditations including some that he has incorporated into his own personal practices Kees Veenman a phenomenologist who specializes in colors begins by observing the spring gold and the autumn gold of trees before introducing the phenomenological method whereby his research connects with Goethe's theory of color and that of Rudolf Steiner Using numerous examples and experiments Veenman guides the reader toward the dynamics and essence of colors describing his research into the nature of colors along with fresh questions that help us penetrate the world of colors ever more deeply The author also considers light therapy and the relationship of colors to the seasons as well as to fairytales The reader is encouraged to meditate with and in colors to discover and experience among other things consciousness of Christ All of this is presented with clear descriptions supplemented with color images Color Meditation is for those who want to appreciate the phenomena and wonders the being of color more deeply and fully understand how color can enrich one's soul and spiritual activity The correspondence between the emergence and effect of a color outside us and the appearance within us is found in the polarity between light and darkness Light is a symbol of clear day consciousness whereas darkness represents the impenetrability of the will Here we come to the intimate relationship between the world of colors and that of human consciousness with its active and passive side Christine Gruwez foreword Translated by Laura Liska from Kleurmeditatie Uitgeverij Pentagon Amsterdam 2015 Cover image by Beppe Assenza 1905 1985 Eklipe watercolor 23 5 x 20 5 in **For Starseeds: Healing the Heart-Pleiadian Crystal Meditations** Ruth Starseed Hoskins, 2012-12-04 For Starseeds Healing the Heart Pleiadian Crystal Meditations twenty eight healing meditations open the spiritual seeker to higher consciousness and heal the heart Whether you're familiar and at home with the stone kingdom or just getting started in this glorious realm For Starseeds Healing the Heart Pleiadian Crystal Meditations is an instructive comforting and fascinating read Ruth shares deeper dimensions of each stone that feel spot on to me She also shows you how to honor your own experience with stones A welcome new book for those seeking to understand the world of crystals and meditation Lee Burch RN Psychiatric Nurse In her latest book For Starseeds Healing the Heart Pleiadian Crystal Meditations Ruth integrates a wealth of knowledge gained from 40 years of experience as a licensed psychotherapist clinical social worker and educator with her extensive research and work in the area of metaphysics and spirituality Readers will find an abundance of detailed information as well as a practical guide to utilizing these teachings for their personal growth In these critical times

meditation can be a valuable tool for maintaining one's equilibrium and the techniques contained within these writings may provide invaluable assistance Michael Diamond Arts and Media Journalist **Sedona Vortex 2000** Richard Dannelley, 2001-01-02 Celebrate the Secrets of Sedona Richard Dannelley presents exciting new material about the vortices based on many years of personal observation and research You'll discover how the Earth creates vortices and you'll experience Sedona's healing energies This book also incorporates material from Richard's other books Sedona Power Spot Vortex and Medicine Wheel Guide Sedona Beyond the Vortex and Sedona UFO Connection *Meditations for Awakening* Larry Moen, 2011-05-01 Meditations for Awakening is a collection of guided imageries to help individuals awaken to higher consciousness and tap talents hidden within By opening the inner frontier one will also utilize the power of visualization to improve physical and emotional health This book explores the Light and Dark side of the personality allowing acknowledgment and acceptance equally This enables the sightful one to exist wholly in Divine Energy without encumbrances of the past It is not easy but anything worth while seldom is Like brushing teeth the more it is done the less thought is involved The Light category which contains God Love and Truth is the basis for feeling It's Dark duality contains the opposite which reflects Satan Hate and Deceit and is the basis for emotion Without motion matter does not exist Motion or emotion is a vital ingredient to obtain its link with feeling The two constantly move within themselves and are the expression of Divine Energy desiring to experience Itself The Little Giant Encyclopedia of Meditations & Blessings Nathaniel Altman, 2000 Open yourself up to a higher power and find peace solace and healing If you're looking for more to life than the material world offers these hundreds of meditations prayers and blessings from a wide variety of the world's traditions will bring comfort and well being Meditation cuts through and calms the tangled mass of feelings that rage through our minds Nurture the positive spark that lies within by practicing daily meditations to expand the mind contact energy and manage pain Some of them employ candles sacred symbols mantras music and nature For each there are instructions on breathing posture and visualization If meditation encourages listening to a greater spirit prayers address God and here are ones for adoration petition and silent communion that come from Judaism Christianity Islam Buddhism Hinduism Jain Native America and more Some are nondenominational Finish with blessings a powerful way to praise the Divine and share loving energy with others The author lives in Brooklyn NY 512 pages 4 3 16 x 5 1 4 **Prayer and Meditation** Jesus and Kuthumi, Mark L. Prophet, Elizabeth Clare Prophet, 2020-01-01 A combination of Christian mysticism and Eastern meditation Prayer and Meditation teaches the art of unceasing communion with God and the way of higher meditation to open the heart Includes eighteen Chinese style prints of great spiritual masters **Meditations on the Glory of God** Samuel Whittemore Fowler, 2010-05 In these Meditations on the Glory of God Dr Fowler stimulates our sanctified imaginations to picture our Savior the One who shed His blood on Calvary for our sins in His thronal glory providentially governing passionately seeking the lost and programming our future He helps us visualize in anthropomorphic splendiferous

images the glory of God and enthusiastically describes the New Jerusalem He brings to our sanctified imaginations the descriptions of the city and what it will be like to live there He says Imagine how it will be to live for God continually seeing His face continually finding new opportunities to serve Him within the splendorous and multicolored activity of that New Jerusalem Dr Fowler also shares with his readers God s infinite fullness All He is all He has done and is doing Life is only life when life s meaning is to be filled with the knowledge of the glory of the Lord Habakkuk 2 14 Samuel W Fowler was born November 30 1934 in Washington DC He trusted Christ as his Savior October 12 1954 He received his Th D from Dallas Theological Seminary and was professor of Bible and Theology for 43 years His unique teaching and preaching style reached many students who are now serving the Lord around the world He also served as interim pastor and full time pastor in churches in Indiana Virginia and Maryland His expertise in Bible and Theology and other fields of interest led to a rich inner life and a deep relationship with the Lord which has culminated in these Meditations on the Glory of God Dr Fowler was ushered into the presence of His Glory on July 11 2008

Guided Meditation for Anxiety and Kundalini Awakening

Kaizen Mindfulness Meditations ,2020-02-06 Every day the world seemingly invents new challenges for us in the form of new situations new energetic exchanges and new lessons That also means that each day ends up screaming at us in its own unique way with the demand to keep up Keep up with the cleaning keep up with your job and your boss keep up with your partner or your love life keep up with your pets or your kids keep up keep up keep up After a while all that action and tension can certainly start to get to you If you have problems with anxiety or with your general response to daily stresses you ve made the right steps toward solace by considering this eBook This guided meditation is all about diagnosing your anxiety triggers working to find peace and coming to heal yourself This guided meditation is also about regaining your power in a world so tremendously full of struggles In this meditation you will learn about Centering healing yourself Breathing deeply meditatively Visualization how to find liberation from anxiety with it How to re connect with the pace of the earth The true value of waiting How to find calm amongst all the chaos and much more And in book 2 Guided Meditation for Kundalini Awakening you will discover Centering yourself beginning your meditation Those curious and powerful chakras How to diagnose chakra imbalance align them How to visualize kundalini awakening What the kundalini really is what it does for you How to make the best of this meditation What to expect when you re awakening and much more In order to live your best life as the healthiest most authentic version of yourself the first step to success is re learning to breathe deeply and with a little practice the world will unfold around you With a little practice and a lot of radical acceptance paired with active mindfulness your anxieties can begin to melt away With just one click and a download you d be surprised what can happen So scroll up and click

Mindful Meditations

Susan Gregg,2022-05-10 Reduce stress improve mental health and find peace within Meditation is a powerful tool with well documented benefits including lowering anxiety enhancing self awareness and improving sleep Learn how to quiet your mind and improve the quality of your life with simple techniques and

visualizations Release your limitations enjoy life more deeply and passionately and approach each day with mindfulness and gratitude Author Susan Gregg is a spiritual teacher and life coach with a gift for teaching others how to live joyfully and lovingly Mindful Meditations includes An exploration on the power of the mind and how reframing your thoughts can allow you to release judgment and fear Guidance on how to meditate anytime anywhere Brief meditations to refocus connect and inspire creativity Tools to tap into your inner wisdom and say yes to what you really want Vibratory Powers Of Qabalah Ann Davies,2021-02-12 There are 78 lessons in this book In every age and in every country there are always those few individuals who seek more satisfying answers to the great questions of Life than they can find in their local churches and temples or through science If their quest is sincere and they persist they will eventually be drawn into contact with one of the world s Mystery Schools where they may be instructed and trained There have always been centers called Mystery Schools responding to the cry for understanding from aspirants throughout the ages Today such close secrecy is no longer necessary Much may now be given out openly which formerly could be imparted only in private and by word of mouth The greatest secrets however can never be transmitted by written or spoken word That secrecy which guards the deepest esoteric knowledge is not imposed by the custodians of Ageless Wisdom but by human ignorance It is the kind of secrecy which shrouds the work of great scientists such as Bor Curie Einstein Edison and others This secrecy does not result from any deliberate withholding but rather from a mass ignorance and consequent inability to understand the concepts and reasoning required by advanced science Meditation Osho,1997-11-15 Meditation is indigenous to all religions and this book offers 63 step by step guides to both ancient and modern techniques From ancient Buddhist Taoist Sufi and Hindu practices to Osho s own modern Dynamic Meditation and Mystic Rose Meditation these methods will help any spiritual seeker further along the path to fulfillment **Diane Stein's Guide to Goddess Craft** Diane Stein,2011-11-23 Originally published as The Women s Spirituality Book this guide describes the beliefs and practices of the Goddess craft as it relates to the daily lives of women It emphasizes achieving power and control through healing visualization Tarot and the women s I Ching Diane Stein teaches the specific techniques the craft of this worship encouraging women to become leaders in the transformation of the world into a safer gentler place for all **The Complete Idiot's Guide to Short Meditations** Susan Gregg,2007 Provides advice on how and when to meditate and techniques on ways to relax and unwind and includes a collection of brief meditations and reflections Ultimate Sleep and Relaxation Meditations Ultimate Meditation Academy, Do you want to be able to get fall asleep faster or reduce your anxiety and insomnia If so then keep reading Do you have problems falling asleep Relieving stress Reducing your anxiety Or having a high quality sleep If you do this book will help you to counter these problems by reading relaxing content which can help you get to rest much more easily In Ultimate Sleep and Relaxation Meditations you will discover A Relaxing meditation script that will guide you on getting to sleep The best meditation technique used to counter anxiety The easiest meditation techniques to prevent insomnia Why following this script will

prevent you from feeling drained and tired And much much more The proven teachings are so easy to follow Even if you ve never tried meditation for preventing and countering sleep deficiency anxiety and insomnia before you will still be able to get to find success following the soothing material So if you re ready to start your journey to have much better quality sleep stop anxiety and prevent insomnia then click BUY NOW in the top right corner NOW *All the Colors of Life* Shirley J.

Wenrich,2013-02-15 There have been many qualities obtained over the years including work and positions of leadership in several nonprofit organizations Also a deep interest in color and design ranging from the ownership in two art shops that bridged the gap between art gallery and a craft shop with quality and variety This led to set design for a local theater and interior design that I love However the greatest achievement besides raising four children was my participation in the Harmonic Convergence This took place in 1987 and the best place to be was the only sacred site east of the Mississippi at the Serpent Mounds in Ohio Since I needed an active part I was The Hug Lady and met people from all over the world Whatever we did it helped because the Berlin Wall came down within three years and it was the beginning of the end of Communism I enjoy anything I can do to help others Body of Health Francesca McCartney,2010-11-22 physical and mental

The techniques covered here are designed to help readers increase their understanding of intuition color the chakra system meditation and other theories and methods as they work in healing The author has developed these techniques over many years of helping nurses doctors and other medical practitioners discover the sources of pain and disease and guiding patients to more effective healing therapies The areas covered in this wide ranging yet accessible book include aura color meditation and affirmations and their role in healing Each chapter examines one energy practice and offers examples stories and simple techniques that readers can use to test the concept Included are descriptive charts journal writing exercises success stories and step by step meditations *Self-Mastery Through the Twelve Rays* Janet Houser,2001-07-26 SELF MASTERY

THROUGH THE TWELVE RAYSSELF MASTERY THROUGH THE TWELVE RAYS is a fascinating easy to read book that will empower you with the dynamic knowledge of the rays and how to effectively use them in your life This is truly the cutting edge of spiritual technology Each person is a combination of six different rays physical emotional mental personality soul and monad Discover your unique ray structure and learn your soul s purpose your divine mission your strengths and weaknesses challenges how you relate to others and how to heal yourself This book will help you to become an empowered person honor your soul express your authentic self and live with intentionality Did you know that there are seven different kinds of bodies Do you know the ray numbers of your physical body your mind your personality and your soul Take the quiz Learn how to use all of the rays for healing balance and harmony for yourself others and the planet Part One gives profound information about the Twelve Rays their characteristics and how they relate to you Part Two is a marvelous guidebook in how to use these rays for healing and personal and spiritual growth Janet HouserWeb Site www.angelfire.com/az3/selfempoweredemail/jhouser2juno.com *The Key to the Chakras* Vicki Howie,2017-04-01 Learn to unblock your energy pathways and balance your

chakras This is your chance to awaken your true potential you ll just need some guidance from expert Vicki Howie and The Key to the Chakras The chakras are the seven centers through which energy flows in the human body Even if you re new to the discipline The Key to the Chakras gives you the knowledge you need to understand each of the chakras and their associated colors emotions and physical actions Discover practical techniques for healing and unblocking the chakras and find out how the chakras can work in tandem with aura reading crystal healing and aromatherapy to improve your life Perfect for those working with the chakras at beginner and intermediate level The Key to the Chakras provides an informed overview of the seven chakras and includes interactive lessons meditations and exercises that will teach you to find balance and inner calm in a difficult often chaotic world *Reiki for Spiritual Healing* Brett Bevell,2009-09-15 A Doorway to Spiritual Awakening In this groundbreaking guide Reiki Master Brett Bevell reveals how to focus the energy of Reiki traditionally used for healing the body toward healing the spirit By showing how to work with the Higher Self to send Reiki treatments across many lifetimes Bevell provides the tools for clearing karmic and spiritual blocks at the moment they were created Through the introduction of new Reiki symbols and techniques for forgiveness accessing the angelic realm and more seekers will be able to take ownership of their connection to the Divine and engage in real change in their lives

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