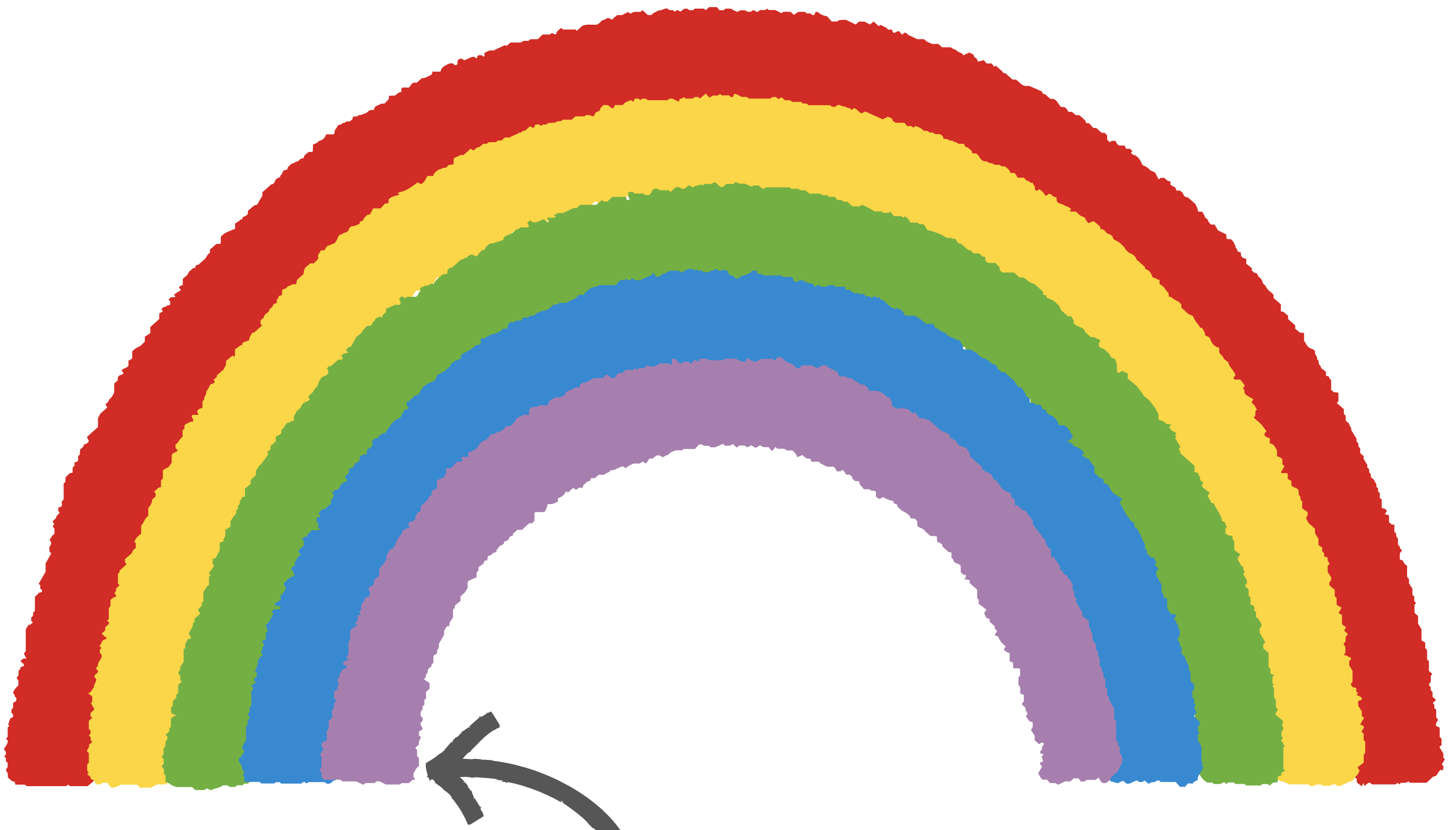


Rainbow Breathing



INSTRUCTIONS:

- Start with your finger here
- Trace the smallest rainbow arch as you breathe out
- Trace the next rainbow arch, breathing in as you go
- Trace the next arch breathing out
- Keep on tracing the arches of the rainbow, breathing in and out
- Try to slow down the speed of your finger as it traces the arches, and match it to your breathing
- Notice how your breath is moving deeper and deeper down to your belly
- Notice how your breaths become longer
- Notice how your breathing has slowed down by the time you reach the outside of the rainbow arch
- Imagine healing rainbow light regulating your breaths, as you become more grounded and relaxed
- Repeat as often as rainbow therapy is necessary!

