

# Rainbow Guided Meditation

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## Walkthrough:

Start off lying flat on your back. Gently close your eyes.

Take three deep breaths, in through your nose... and out through your mouth. Two more, in... and out. Last one, slowly in... and out.

I want you to imagine in your head that you're floating on a cloud. Imagine how nice, warm, and fluffy the cloud feels supporting your body.

Imagine that cloud taking you up, up, up in the sky until you find a rainbow. You feel safe and warm on that cloud. Imagine that rainbow slowly floating around you, and as each color travels over your body, your muscles feel nice and warm and relaxed.

## Red

First, imagine that red color floating in front of you, and then traveling over your head, your neck, your shoulders, and down your arms, letting all of those muscles feel warm and relaxed.

That red travels into your heart, warming it up, and then down to your belly, the fronts of your legs, the backs of your legs, all the way down to your toes. Take a big breath in... and a big breath out. Feel that nice, warm red relaxing all of your muscles.

## Orange

Next, imagine that orange color, traveling over your head, your neck, your shoulders, and down your arms. That orange travels into your heart, and your belly, your legs, all the way down to your toes, making your whole body feel relaxed. Take a big breath in... and a big breath out. Feel that nice, warm orange relaxing all of your muscles.

# Guided Meditation Samples

**Daniela Niemeyer**



## **Guided Meditation Samples:**

## Embracing the Song of Expression: An Mental Symphony within **Guided Meditation Samples**

In some sort of taken by screens and the ceaseless chatter of immediate communication, the melodic beauty and emotional symphony produced by the published term usually diminish into the back ground, eclipsed by the persistent noise and distractions that permeate our lives. Nevertheless, located within the pages of **Guided Meditation Samples** a charming literary prize brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this charming masterpiece conducts visitors on a psychological journey, well unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths with this poignant evaluation, we can explore the book is central harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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