

WATERFALL OF LIGHT

Listen to your breath for a few moments and let your body feel heavy and relaxed.

Now imagine that a beautiful waterfall is bringing all the colours of the rainbow into your body through the top of your head. See if you can feel this lovely coolness and picture the colours like red, orange, yellow, green, blue, indigo and violet coming into your face, neck and chest. Let these colours flow down through your body, your legs, knees and ankles and down to your toes. Let these beautiful colours wash away anything you don't want like crossness, worries and uncomfortable places.

We'll stay with the picture of this waterfall for a minute and then I will count to 10 and on 10, please open your eyes slowly.